

March 2016



Parent Healthy News

From the RSU 18 Wellness Committee

March is National Nutrition Month

A few words from the desk of RSU #18's Nutrition Director and Wellness Committee Lead, William Hamilton

March is one of my favorite months. This isn't because we start seeing warmer weather or more day-light hours. **March is one of my favorite months because it is a whole month dedicated to celebrating and recognizing nutrition!**

The Academy of Nutrition and Dietetic's theme for this year's National Nutrition Month is **'Savor the Flavor of Eating Right,'** which is meant to encourage individuals to support their nutrition through a variety of foods and enhancing the flavor of these foods through a variety of herbs and spices.

Please join the Wellness Committee and our schools in celebrating National Nutrition Month. **For more information visit RSU #18 Nutrition Services site at http://www.rsu18.org/index.php?id=2&sub_id=338**

National School Breakfast Week

March 7-11

Make Breakfast Time
Your Favorite Time!



Did you know that a healthy breakfast helps wake up your child's brain and sets them up for success in school? School Breakfast week is meant to draw attention to, and promote, School Breakfast Programs across the nation. Students are encouraged to get a healthy start to their day by eating breakfast at home or at school.

Action for Healthy Kids grants has supported the Grab and Go Breakfast programs in many of our schools. Messalonskee High School, the recipient of the AFHK grant in 2015 has established a Grab and go Breakfast and will host a free breakfast snack on Thursday, March 10th.

Maine Ag in the Classroom

Read "ME" Agriculture Program

Maine Agriculture Week March 21 – 25, 2016

Farmers and Agricultural Volunteers are reading a new book titled **"Potatoes for ME"** to Pre Kindergarten through 5th Grade Classrooms in all elementary schools in RSU 18. Volunteer readers often bring additional information about their own farms, program or commodity to share with the students.

Funding for this project is a direct result of the Maine agricultural specialty license plate, grants from Maine Department of Agriculture, Conservation and Forestry, and collaboration this year with *The Maine Potato Board* to develop the book *"Potatoes for ME"*. For more information - www.agclassroom.org.

Maine Ag in the Classroom Garden and Greenhouse Grants provided funding for Messalonskee Middle School Greenhouse (\$2,926) under the direction of Amanda Ripa and Kim Fish and Messalonskee High School for water and electrical hook up (\$2,500) at the new MHS greenhouse under the direction of Beth Pregovisk. Local business donations, volunteer hour donations and the RSU 18 Department of Maintenance have been instrumental in the success of our Garden and Greenhouse Projects.



Live Healthy, Play Healthy, Stay Healthy

Join us
for some Family Fun in the Pool

Free Admission

Let's Go! Pool Party

Saturday, March 19, 2016
2:30 – 4:30pm

Alfond Youth Center
126 North St. Waterville

For more information call
861-32933



As the snow melts, our school Garden Leaders and their students are looking forward to Spring. The RSU #18 Farm to School Advisory Group is meeting to plan for the future of our Farm to School program and creating partnerships with local organizations and businesses to grow our program and bring locally grown foods to our schools. If you are interested in participating in our Farm to School Movement, please contact Claire Heffernan, School Health Coordinator, Garden Leaders – Beth Pregovisk and the Agricultural Club (MHS & WES), Amanda Ripa (MMS), Ryan Sweeney (CMS), Tammy Pullen (ATW), Susan Muzzy, Eric Brooks (BCS), Julia Hanauer-Milne (JHB), Stacy Stevens (CPS) or community member Bonnie Sammons, Matt L'Italien and Irene Belanger.

Still Time to participate in Spring Skiing at Sugarloaf at a Discount



The RSU #18 Wellness committee teamed up with AOS #92 in January to create the **Kennebec Valley Ski Club**

Rates

\$ 42.00 Adult Lift Ticket (all ages)(Non Holiday) **The Regular Lift Ticket Price is \$87**

\$ 56.00 Holiday/Vacation Lift ticket

\$ 27.00 Ski or Snowboard Rentals

\$ 5.00 Helmets

\$ 25.00 Adult Clinic's

\$ 59.00 Learn to Ski or Snowboard package (ages 15+)

March Dates

Sunday, March 13

Sunday, March 20

Saturday, March 26 (Holiday \$56)

Contact Gayle Giguere Group Leader at ggiguere@aos92.org for more information on purchasing tickets. All tickets must be purchased in advance. **Mail Checks to Gayle Giguere at 27 Prospect St., Waterville, Maine 04901**

Grant awards 2015 – 2016

Maine Ag in the Classroom Garden and Greenhouse Grant - MMS (\$2,946) – Greenhouse, MHS (\$2,500)

Youth Matter mini-Grant – MHS – Stephanie Carter – support Children/Youth Empowerment.(\$1,000)

Ticket to Ride Grants – MMS – Transportation to the Colby Museum of Art, MHS – Transportation to the Maine Art Museum

Target Field Trip Grant – BCS – Susan Muzzy – provided transportation funding for students to visit the gardening program at St. Joseph's College.(\$700)

Inland Hospital "Let's Go" Mini-Grants – Each School "Let's Go Champion" was awarded \$500 mini-grants: ATW – Holly Andre for Sleds, snowshoes, playground equipment, BCS – Eric Brooks - Equipment for "brain breaks" & indoor recess, CPS – Elaine Philbrook - Snowshoes, CMS – Josh Lambert – Two handball goals, WES – Kathy Harris – Smedberg - Snowshoes, MHS - Sylvia Jadczyk - Mini-exercise desk bikes, exercise balls, JHB – Nate Quirion - Outdoor/playground games

Maine Department of Education School Revolving Renovation Fund - ATW - (\$120,635) Sprinklers, BCS - (\$55,911) Hazmat-Asbesto Removal (gym, first floor hall) and (\$46,636) ADA Compliant School Entrance, CMS - (\$27,125) Hazmat-Asbesto Removal (4 classrooms), JHB - (\$6,843) ADA Compliant School Entrance, MHS - (\$1,866) Intercom system in cafeteria/kitchen and (\$12,765) ADA Compliant doors in the locker rooms, WES (\$70,150) Sprinklers in the Science Labs and gym.

Oak Grove Foundation – MHS – Fall mini-grants - \$9,845.96 – for 11 projects - Pottery Slab Roller & Wheel, Limnology & Fish Science, Calculators, Community Library Fair, Book Nook , Plant Cloning, TRX Trainer in Weight Room, Disk Golf, Making Connections Music, ME Holocaust and Soil Sluicing Activity.

Berlin City Auto Group Drive for Education Grant– JHB - \$1,100 – Project: "Listen with Me: A Passport for Enhancing Student Centered Learning".



* Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Think Spring!

5 – or more servings of fruits & vegetables. Start planning your garden for local fresh fruit and vegetables.

2 – hours or less recreational screen time.

1 – hour or more of physical activity. The snow and cold will soon be gone. Get outdoors for an hour or more of physical activity.

0 – Sugary drinks, more Water.

Maine Maple Sunday, March 27, 2016



As the days get longer and the snow is melting, Atwood Primary School students are tapping 6 Maple trees near the Atwood Tapley school trail with the help of their teachers Tammy Pullen, Scott Colby, Brynn Charest and Margie Davis . Students collect the sap from the Maple trees and it is boiled down off-site for safety to make Maple Syrup. This is a fun learning opportunity for students.