



Healthy News

March 2013

March is National Nutrition Month

Discover Laughter

Good Reasons for Laughter

- It helps **strengthen** blood vessels and improve blood flow.
- It **exercises** the muscles in your chest, neck and face
- It **relieves** physical tension
- It **helps** swing a negative perspective toward the positive
- It **reduces** anxiety and reverses pent-up anger and frustration

Find humor in silly goings-on, look at the world through the eyes of children. The simplest things make them laugh. Enjoy comedies-joke books, sitcoms, funny movies or cartoon.

From your RSU 18 Wellness Committee

Spring



Ways to Put Spring into Your Health

Spring is a great way to start healthy new habits. Here are a few tips to get a head start in your spring health!

1. **Start an Exercise Routine** – The weather is warmer and the days are longer which makes it a perfect combination to get active outside.
2. **Revamp Your Diet with Fresh Fruits and Vegetables** – Take advantage of the variety of vegetables available during spring. **Try to eat about 3 to 5 servings every day.**
3. **Drink More Water** – As the temperature gets warmer, it is harder to stay hydrated. It's important to drink more water.
4. **Log Enough Shut Eye** - Shoot for seven to nine hours of sleep each night. Try to hit the sheets and wake up at set times each day, even on the weekends.
5. **Check In for a Check Up** – A periodic well-exam for all ages is not just about good medical care, but it also gives you the opportunity to learn more about beneficial health habits, counseling and community support services as well as an overall view of the best ways to take care of yourself and your family for a lifetime.
6. **Protect Your Skin** – Your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the rays of the sun. If you're outside, make sure to use a sunscreen with SPF 30 that protects against UVA and UVB rays. Throw on a pair of sunglasses and hat as well!
7. **Renew Relationships** – It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.

For more information, visit

<http://www.medhelp.org/healthy-living/slideshows/13-Ways-to-Spring-into-Health/354/10>

Enjoy Fruit for National Nutrition Month

Thursday, March 21st

In the Teacher's Room



If you participate in Anthem Blue Cross/Blue Shield with RSU 18, welcome to the Live on wellness program brought to you by MEA Benefits Trust and Onlife Health.

Please take a moment to log on, take their health assessment and familiarize yourselves with the tools and tips at www.OnlifeHealth.com.

Onlife Health has another Challenge coming April 1st called Maine Madness.

For more information, go to www.onlifehealth.com, click on 'Get Started' and use the **keycode MEABT** to register and complete your Health Assessment to get on your way to earning points towards a pre-paid debit card!



Still Time to Sign Up

Move and Improve is a 12-week program designed to encourage participants to increase the amount of physical activity that is engaged in on a daily/weekly basis and it's Free.

Join Now!

Program Date	March 3 – May 25, 2013 (12 weeks)
Participant Registration	January - March 29, 2013
Random Prize Drawings	June 5, 2013

<http://moveandimprove.org/>

Grants and Programs in RSU 18

Maine Ag in the Classroom

Read "ME" Program March 18-22 - Volunteers are reading a new book on Maine Dairy Farming titled "*Dairy Farming for ME*". to Pre Kindergarten through 4th Grade Classrooms in all elementary schools in RSU 18. They are telling the students about their farms, programs or connections to agriculture and leave lessons and information for the teachers to use.

Elaine Philbrook said "Maine Ag was wonderful on Friday. The kids got to make butter and have it on crackers".

Funding for this project is a direct result of the Maine agricultural specialty license plate, grants from USDA and a collaboration this year with The Maine Dairy Promotion Board and Dairy Nutrition Council to develop the book "Dairy Farming for ME".

Maine Ag in the Classroom Grants provided funding for BCS- Raised Garden Beds and JHB – Field Trips. A BCS staff member also attended the Summer Institute on scholarship in July to learn about Agriculture Education Activities. www.agclassroom.org.

Inland Hospital Mini-Grants – Each School in RSU 18 was awarded a \$500 mini-grant to promote the Let's Go 5-2-1-0 Program. Let's Go! is helping kids and families eat healthy and be active. Grant applicants addressed the following;

5 – fruits and veggies – Dorene Hebda – WES, Sylvia Jadczyk -MHS

2 – hours or less of recreational screen time – Rye Daily - JHB

1 – hour or more of physical activity – Carl Peterson – CMS, Elaine Philbrook – CPS, Carrie Brennan – BCS, Ashley Underwood - ATW

0 – sugary drinks, more water and low-fat milk Kris Croteau -MMS

Many staff members covered more than one area for the mini-grant. RSU 18 was the only school system in the area to be fully funded.

Messalonskee Middle School was awarded funding for the following Projects;

MMS - UnitedHealthHeroes – Step to Service Childhood Obesity – The Teens to Trails Program was created to increase physical activity by snowshoeing and hiking during the students' Advisory Period. Our students and staff measured their steps going the equivalent of the Maine Appalachian Trails. Janet Hutchinson and Kris Croteau are the advisors for the Teens to Trails Program.

Let's Go 5-2-1-0 – Program grant incorporated physical activity Teens to Trails Program and the creation of a student wellness team and activities with Kris Croteau as the advisor.

Community Transformation Grant – was awarded to develop a traveling nutrition and physical activity photo gallery and purchase technology equipment.

Fuel Up Play 60 Grant - was awarded to help students make positive changes in their schools by improving opportunities to consume nutrient-rich foods and get at least 60 minutes daily physical activity. Our **PLAYS** chosen for the program is to hold a Milk Mustache Photo activity, have Barrel's Community Market do a taste testing activity on Fruits, vegetables and dairy and to participate in a hike. This grant was just awarded in February.

Cooking Matters - is a program offered from the Good Shepherd Bank to teach students how to cook a nutritious meal, learn to make healthy choices and bring food home to cook the same meal for their families. Joanne Booth generously gave of her time to lead the class and be our Chef. William Hamilton, our food service Director, was the Nutrition/dietician guide. Kris Croteau and Claire Heffernan helped in the organizing and planning the 6 classes.

Many more grants were awarded throughout the year. These encompass the importance of nutrition and physical activity.