

MSAD 54's Wellness Corner

April 2023

Physical Activity



The policy says:

"Schools should provide nutrition education and engage in nutrition promotion that includes enjoyable, developmentally - appropriate, culturally - relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens."



Upcoming events with Skowhegan Outdoors and Move More Kids!

May 6th Pleasant Pond Hike, Caratunk, Maine. A 3.3-mile loop with views of Sugarloaf & Bigelow Mountains. Moderate Hike along the Appalachian Trail.

June 3rd Popham Beach, Phippsburg, Maine. Free Beach time, as well as, Exploring both Fort Popham & Fort Baldwin State Park.

Free Transportation will be provided for these outings!

- ~ Skowhegan Municipal Parking Lot
23 Commercial Street, Skowhegan
- ~ Athens Community School
8 Fox Hill Road, Athens
- ~ Moscow Elementary School
125 Canada Road, Moscow
- ~ Carrabec High School
160 N. Main Street, North Anson
- ~ Madison Junior High School
205 Main Street, Madison

The month of April produce is Tropical Fruit: Pineapple Breakfast Banana Split

Prep Time: 5 minutes
Cook Time: 0
Makes: 2 **Banana** Splits



Ingredients:

- 1 small **banana**
- ½ cup oat, corn, or granola cereal
- ½ cup low-fat vanilla or strawberry yogurt
- ½ teaspoon honey, optional (skip for children under the age of one)
- ½ cup canned pineapple tidbits or chunks (drained)

Directions:

- Wash hands with soap and water.
- Peel and split the **banana** lengthwise. Place half in two separate cereal bowls.
- Over each **banana**, spoon yogurt, sprinkle cereal and drizzle honey, if desired.
- Top with pineapple and serve immediately.
- Refrigerate leftovers within 2 hours

Notes:

- Try other flavors of low-fat yogurt or even cottage cheese.
- Try other fresh, frozen, or canned fruits.
- Some foods can cause choking in young children. Be sure that fruit pieces are very small and soft for toddlers. Avoid grapes, chunks of pineapple or melon. Instead, use softer canned fruit, such as fruit cocktail.
- Honey is not recommended for children under 1 year old.
- Add nuts or seeds for more protein.

SUBSTANCE USE PREVENTION

APRIL 2023

IF YOU FEEL DIFFERENT, YOU DRIVE DIFFERENT

Thursday, April 20, 2023, marks the unofficial marijuana “holiday,” and there will likely be an increase in marijuana use.

To help keep drug-impaired drivers off the roads, the National Highway Traffic Safety Administration (NHTSA) is teaming up with Somerset Public Health to spread the message that drug-impaired driving is dangerous and illegal. We're reminding all drivers: **If You Feel Different, You Drive Different.**

If you think being high won't affect your driving, you're wrong.

It has been proven that marijuana can:

- slow reaction times
- impair cognitive performance
- make it more difficult for drivers to keep a steady position in their lane.

If you see an impaired driver on the road, do not hesitate to contact local law enforcement.



DON'T GET WRECKED ON 4/20
HASH OUT A SOBER RIDE

Somerset Public Health healthy communities OF THE CAPITAL AREA HealthySV NHTSA

IF YOU FEEL DIFFERENT YOU DRIVE DIFFERENT



DID YOU KNOW?
Cigarette butts
ARE THE MOST LITTERED ITEMS
IN THE COUNTRY!

Somerset Public Health

EARTH DAY

According to the latest littering study by Keep America Beautiful, cigarette butts remain the most commonly littered item. An estimated **9.7 billion cigarette butts** are littered in the United States each year, and 4 billion of these are in waterways. **One cigarette butt was found to be capable of contaminating a thousand liters of water.**

This year, the Earth Day theme is, “Invest In Our Planet”, which highlights the importance of dedicating our time, resources, and energy to solving climate change and other environmental issues.

When we **Invest In Our Planet** together, we are supporting healthy, happy, and wealthy communities worldwide.

To learn more, visit EARTHDAY.ORG or ncbi.nlm.nih.gov/pmc/articles/PMC9265565/

Featuring updates from the following Somerset Public Health Programs:
Drug-Free Communities, Tobacco Use Prevention, Substance Use Prevention
Services, Pathways to Recovery, and Patient Navigator

