

MSAD 54's Wellness Corner

Happy New Year

**January 2024
Physical Activity**



The policy says:

"Physical education shall not be used or withheld as remediation or discipline. Exclusion from recess is allowed, but not encouraged."



Join Move More Kids & Skowhegan Outdoors for a FREE day trip to Maine Huts & Trails - Snowshoe into Poplar Falls Hut, have lunch around a roaring fire, learn about the Maine Huts & Trails systems and their connection to New Balance.

Free Lunch is provided.

**Saturday, January 13, 2023
8:00 AM - 4:00 PM**



Free Transportation:

**Skowhegan Municipal Parking Lot
23 Commercial Street, Skowhegan**



Find us on Facebook to Register



**The month of January
produce is Root Vegetable: Sweet Potato**

Cranberry and Spinach Sweet Potatoes



Ingredients

- Cooking spray
- 4 medium sweet potatoes
- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 6 cups fresh spinach
- 4 Tablespoons dried cranberries
- 1/3 cup pecans, chopped



Directions

Preheat the oven to 400 degrees F. Line the baking sheet with foil. Spray foil with cooking spray.

Pierce each sweet potato a few times with a knife and bake on a baking sheet for 50 minutes or until soft. Allow sweet potatoes to cool slightly.

When sweet potatoes have about 15 minutes left to cook, prepare spinach. Add oil, garlic powder, and spinach to the skillet. Sauté until spinach is wilted (2 to 3 minutes).

Let potatoes cool slightly, carefully slice them open from end to end, but do not slice through the bottom of the potato. Use a fork to lightly mash the insides. Divide the spinach among the four potatoes. Top each potato with cranberries and pecans.



**Prevention
Efforts
Supported By
The Maine CDC**



MAINE
QUITLINK.com
1-800-QUIT-NOW



Somerset
Public Health



The Great Kindness Challenge

JANUARY 2024

Mark your calendars for the Great Kindness Challenge, **January 22-26**.

How can you participate in the Great Kindness Challenge? **Here are some ideas:**

- Create a family gratitude jar
- Be kind to yourself and eat a healthy snack
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Raise funds and donate to your favorite cause
- Share food with someone who is hungry

Learn more: <https://thegreatkindnesschallenge.com/>

**KIND IS
THE NEW
COOL**

TAKE ACTION ON YOUTH TOBACCO AND SUBSTANCE USE

Join Somerset Public Health, **January 11 at 6:00 PM**
for a **FREE** virtual presentation to learn about:

- Health Risks of Substance Use
- Data in Somerset County
- How to Talk to Teens
- and More!

**SCAN
TO SIGN UP**



DRY JANUARY

Dry January means going **alcohol-free** for the month.

According to the World Health Organization, "It doesn't matter how much you drink – the risk to the drinker's health starts from the first drop of any alcoholic beverage."

Learn more: <https://alcoholchange.org.uk/>



Featuring updates from Tobacco and Substance Use Prevention grants
Prevention efforts supported by the Maine CDC

FLIP ME