

December, 2019



# Home of the Braves Wellness Newsletter



## Banks School District Wellness Committee

Banks School District Wellness Committee has been meeting regularly this year to review our goals and produce quarterly newsletters. The purpose of this Committee is to make student and staff wellness a priority in the District. With Student Success Act funds coming our way, the Banks School District is excited to be able to add social-emotional support through counseling in our school district.

Highlights for the beginning of the 2019-2020 School Year

- SSA money will allow us to add social-emotional counseling support to our students for the 2020-2021 school year and beyond.
- Replacing dated posters in our cafeteria and give it a fresh look for our students.
- Planning staff wellness activities for the 2019-2020 school year.
- We did apply for a wellness grant to try and add staff wellness space at each school. Unfortunately, we were not selected for the grant. We will continue to try and pursue wellness grants for both students and staff.
- We continue to produce wellness newsletters for students, staff, and parents.
- We will continue to review our Wellness Committee Goals and determine measurable goals to track progress.

The BSD Wellness Committee will continue to meet throughout the year. If you have any questions about the committee, please send me an email .

Sincerely,

Jeff Leo

BSD Superintendent

Wellness Committee Chair

## Winter Break Activities!!

Are you looking for some winter fun activities to do with the family? Check out these local calendars for information on events, activities, outings and more!

- Washington County Cooperative Library Services Events Calendar: <https://wccls.bibliocommons.com/events>
- PDX Parents Magazine Events Calendar: <https://www.pdxparent.com/events-calendar-2/>
- City of Hillsboro Events Calendar: <https://www.hillsboro-oregon.gov/departments/parks-recreation/recreation-fun/special-events>
- City of Forest Grove Events Calendar: <https://www.forestgrove-or.gov/library/page/programs-events>
- City of Beaverton Events Calendar: <https://www.beavertonoregon.gov/422/Events>

Or, check off items on your own Winter Bucket List!

### Winter Bucket List

- Build a Snowman
- Drink Hot Chocolate
- Shovel a Neighbors Driveway
- Go Sledding
- Read a New Book
- Do Something Nice for a Family Member
- Make Homemade Soup
- Have a Snowball Fight
- Stay in P.J's All Day
- Watch a Movie in a Fort
- Go Ice Skating
- Volunteer at a Soup Kitchen
- Make Paper Snowflakes
- Lay by the Fire
- Make Homemade Cookies

MOTHERS  
MAGAZINE

## Holiday Meal Idea from Mr. Leo

4B's Old Fashioned Cream of Tomato Soup

This is an original recipe from the kitchen of 4B's restaurant in Montana. I always enjoyed this soup growing up and it is absolutely one of my favorites. While it may not be the healthiest (lots of heavy cream!), it definitely will put a smile on your face and help with your overall wellness!! Try it out on a cold, wintery day and don't forget the grilled cheese!!

Ready in: 40 mins.

Yield: ½ gallon

Serves: 8

### Ingredients:

32 ounces tomatoes, canned and diced  
14 ounce chicken broth  
2 tablespoons butter  
2 tablespoons sugar  
1 tablespoon onion chopped  
1 pinch baking soda  
2 cups heavy cream

Mix tomatoes, chicken broth, butter, sugar, onions, and baking soda. Simmer over low heat for 45 minutes. Heat cream in a double boiler then add cream to hot tomato mixture and serve.



## Healthy New Year's Resolutions for Children & Teens

The start of the new year is a great time to help your children focus on forming good habits. The American Academy of Pediatrics (AAP) provides the following list of ideas for you to talk to your children about trying, depending on their age.

### PRESCHOOLERS

- I will try hard to clean up my toys by putting them where they belong.
- I will let my parents help me.
- I will wash hands after going to the bathroom and before eating.
- I will do my best to help those who need a friend or look sad or lonely.

### KIDS, 5 TO 12 YEARS OLD

- I will drink milk and water most days. Soda and fruit drinks are only for special times.
- I will try to find a sport (like basketball or soccer) or a game (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll try to be friendly to kids who may have a hard time making friends by asking them to join activities such as sports or games.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise that I'll do my best to follow our household rules for videogames and internet use.

### KIDS, 13 YEARS OLD AND OLDER

- I will try to eat two servings of fruits and two servings of vegetables every day. I will drink sodas only at special times.
- When I have some down time for media, I will try to choose educational, high-quality non-violent TV shows that I enjoy. I will spend only one to two hours each day (at the most) on these activities. I promise to respect our household rules for videogames and internet use.
- I will give some of my time to help others, working with community groups or others that help people in need. These activities will make me feel better about myself and my community.
- When I feel angry I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
- I will not try tobacco-cigarettes, drugs, or alcohol.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.

\*This article was from [healthychildren.org](http://healthychildren.org)

## School Nutrition Message

December is here, and that means Banks School District Nutrition Services has some exciting promotions for school meals! Banks Elementary School will be hosting an "Indoor BBQ" Tuesday Dec 10th, where elementary students will choose between hamburgers and hot dogs served with fries, and get to top their choice with creative topping bars! December 16th, Banks Elementary and Middle School students will get to "Build their own Yogurt Bowl" for breakfast, and December 17th we will celebrate National Maple Syrup Day with French Toast Sticks for breakfast, and chicken and waffles for lunch!

As we approach the holiday season, parties and large meals are more prevalent than ever which can lead to more significant food waste. Roughly 5 million extra pounds of food waste are produced in the US in the days between Thanksgiving and New Years. Here are some tips and ideas to help reduce our impact of food waste as we head into the holidays!

Avoid over-serving guests: Allow them to dish themselves and select their desired portions

Save (and actually eat) leftovers: Labeling the date on storage containers helps use up leftovers on a First In, First Out basis. Donate!: Consider donating excess food to shelters, food banks, or other charities before throwing away.