

October 24, 2018



Home of the Braves Wellness Newsletter



Banks School District Wellness Committee

Banks School District Wellness Committee is off to a great start this year. We have updated the Wellness policy of the District and have set our yearly goals. The purpose of the Committee is to make student and staff wellness a priority in the District. Check out our goals for this year and look for our newsletters and social media posts throughout the year.

2018-2019 Goals:

1. Analyze the Wellness center implementation at Banks Elementary School. Have other district staff and students visit the Wellness Center and gather information about a possible Wellness Center at each school in the district.
2. Continue newsletter in print for students, parents, and community members. We will expand communication through social media (Facebook and Instagram). We will develop a calendar for the 2018-2019 school year with monthly topics and through social media, send out information for parents and students bi-weekly.
3. Physical and emotional wellness activities for staff. We will pursue grant opportunities to promote staff wellness throughout the district.
4. School cafeterias and "freshen up the look" throughout the district through a partnership with Sodexo.

The BSD Wellness Committee will continue to meet throughout the year. If you have any questions about the committee, please send me an email at jeffl@banks.k12.or.us

Sincerely,
Jeff Leo
Superintendent
Wellness Committee Chair

Successful Days Start With Better Bedtimes

Adjusting to a new sleep schedule can be tricky, but a few days of preparation can make all the difference. Elizabeth Super, M.D., pediatrician and children's sleep specialist with the Pediatric Sleep Medicine Program at OHSU Doernbecher Children's Hospital, suggests tips to make sleep transitions easier. Start by establishing a routine for the new schedule. Bedtime and wake-up routines help anchor a child's day and reduce anxiety.

In the evening: Keep things quiet, cool, and dark. Dim lights 30 minutes before bedtime and restrict use of electronics or any other media in the bedroom environment. Consider blackout shades if natural or artificial light is affecting sleep.

In the morning: Ease into the day by bringing in bright light either by turning on lights indoors or opening window coverings. Increasing light in the morning can help shift kids' internal body clocks. Children may be more tired or groggy than usual the first week of transition, but they will soon adjust to the new time

Falling Back

When daylight saving time ends November 4th, bedtime will be an hour earlier, a slow shift to the sleep schedule will lessen the shock. Start gradually adjusting bed and wake times a week earlier.

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Fall Fresh Pick Recipe

Baked Sweet Potato Fries with Garlic-Lemon Yogurt Dipping Sauce

- 3 Sweet Potatoes
- 1.5 Tbsp Olive Oil
- Salt and Pepper to taste
- 1 cup Plain, Nonfat Yogurt
- 1 tsp Minced Garlic
- 1.5 Tbsp Lemon Juice
- 1 Tbsp Minced Chives
- 1 Tbsp Minced Parsley

1. Cut potatoes in half, and cut each half into 6 wedges
2. Preheat oven to 425
3. Drain potatoes and place on paper towel to absorb water
4. Spray baking sheet with non-stick spray and place wedges on sheet
5. Drizzle potatoes with olive oil and sprinkle with desired salt and pepper
6. Mix potatoes so they are evenly coated
7. Bake for 30 minutes, or until wedges are crispy
8. In a small bowl, mix yogurt, garlic, lemon juice, chives, and parsley
9. Serve wedges with dipping sauce and enjoy!

Consider a Flu Shot this Season to Stay Healthy

As school is back in full swing and the weather is changing its tune, the season for sickness is also upon us. According to experts, last year's flu season was locally one of the deadliest on record. Consider getting a flu shot for you and your family this year to help protect you against this year's strain.

Many locations in our area offer free or low-cost flu shots. Please visit any of the following sites to find more information. Remember to double check with any applicable insurance policy regarding any vaccinations prior to receiving them.

Walgreens:

https://www.walgreens.com/pharmacy/immunization/seasonal_flu.jsp?ban=flu19homepagebanner

Target:

<https://www.cvs.com/immunizations/flu?target=true>

Fred Meyer:

<https://www.fredmeyer.com/d/vaccinations>

Safeway:

<https://www.safeway.com/ShopStores/Immunizations.page>

The BES Zen Den

Through the course of professional development and other training, our BES staff determined that a trauma-informed, behavioral support program would be initiated at Banks Elementary School. This program is called our Wellness Room, or, as we have fondly named it, the Zen Den. The Zen Den can be used by any student in the school, when they are in the green or yellow zone of our Zones of Regulation curriculum. The staff member facilitating the Zen Den will support the students in using calming and de-stressing activities. A student's visit to the Zen Den will be very short (approximately 10 min) and will assist them in finding strategies that they can potentially use in their classroom and at home if needed. It is designed as a proactive, not a reactive program. We are very excited to have this resource available to all of our students at Banks Elementary.