

Triton Winter Wellness Advisory Committee Newsletter 2020

Triton Wellness Advisory Committee

The Triton Wellness Advisory Committee is a group of community members and staff from across the Triton Regional School District who are dedicated to promoting student wellness in all areas, including physical health, social-emotional health, and behavioral health. The Committee is grounded in the belief that when all aspects of students are nurtured, they will do better in school and life. This approach is known as "Whole Child Education" and it is proving to be a highly beneficial approach to education.

Celebrated MLK Day of Giving, Triton District Wide Projects...

Students at the middle and high school and NES kids club decorated canvas tote bags to give to PGS and SES for their donation drives.

PGS - book drive to donate to area agencies to increase literacy and home libraries.

SES - Hygiene drive to create gift totes to give to Pettengill House.

MS - Birthday Bags of decorations and supplies to give to children and families in need, to help make a birthday celebration special.

HS - Financial wellness studies in each of the math classes, then creating a brochure to share with the community.

Julie Romano

What's the Simplest Way to Protect Yourself from Colds, Flu, Salmonella, Norovirus, or Enterovirus?

Washing your hands is the best way to get rid of germs, avoid getting sick, and stop the spread of germs to others. You can get germs on your hands by simply touching a doorknob, pressing an elevator button, grabbing a pole on public transit or shaking hands. Once these germs are on your hands, touching your mouth or nose to eat, sneeze or cough can make you sick.

Sneezing and coughing can spread cold germs into the air, but most colds are caught and spread through germs on people's hands. The germs that cause the flu, norovirus and other viruses, such as enterovirus, can also be picked up and spread by your hands. What's more, outbreaks of foodborne illness that cause vomiting and diarrhea are often traced back to food prepared by someone who did not properly wash their hands.

Always wash your hands...

Before you:

- touch or serve food
- eat or drink
- put in or take out contact lenses
- treat a cut, scrape, burn or blister
- take care of someone who is sick

After you:

- go to the bathroom
- help someone else use the bathroom
- change a diaper (don't forget to wash the baby's hands too!)
- cough, sneeze, blow your nose or wipe a child's nose
- handle uncooked food, especially raw meat, poultry, fish or eggs
- handle garbage
- touch an animal – especially a reptile –or clean up animal waste
- take care of someone who is sick or injured
- use public transportation
- touch pet food or treats

Be sure and take the time to wash your hands correctly. Just 20 seconds is all you need to prevent yourself from getting sick later. Rinsing your hands with water isn't enough – to really get them clean you need to use soap. If soap and water are not available, use an alcohol-based sanitizer that contains at least 60% alcohol. Alcohol-based sanitizers can quickly kill most of the germs on your hands, but they do not get rid of all types of germs. Hand sanitizers work best when hands are not visibly dirty or greasy. **For more information about handwashing, please contact: Massachusetts Department of Public Health, Bureau of Infectious Disease, Division of Epidemiology and Immunization (617) 983-6800 or visit www.mass.gov/handwashing**

Parent and Community Workshop Series

Pentucket and Triton School Districts are partnering up to support our students and families. Please join us for our parent and community series that will address the social and emotional needs of our students and schools while also focusing on anti-bullying programming and supports. We have developed a variety of events that will be presented by professionals and experts from the field to help inform and create a dialogue with our families and community members. These are free events for adult audiences from all 6 towns in the two districts.

Moments of Mindfulness-presentation and demonstrations by Pentucket Staff and Students: March 12, 2020 - 6:30 PM at PRHS Cafe and Auditorium.

John Morello - Keynote Presenter "Dirt"-Bullying Prevention and Substance Abuse: March 19, 2020 - 7PM at PRHS Auditorium.

Expanding Students' Palates

Salisbury Elementary School was awarded the USDA Fresh Fruit & Vegetable Program Grant ~School Year 19-20!

The foods being sampled are showcased on the "Farm Stand" board located in the SES café.

September 24, 2019 was the start of students at SES being exposed to a variety of healthy fresh fruit and vegetables in school as a result of this FFVP grant. Small samples (aka "smidgens") are passed out to the classrooms twice a week along with "Food Facts" explaining what the food is, where it comes from, and health benefits of eating it. Some of the foods being sampled are not typically part of the School Breakfast or School Lunch Programs due to the cost. To date, SES students have sampled peaches, corn on the cob, kumquats, colorful cherry tomatoes, golden kiwi, celery, blueberries, white and purple cauliflower, Asian pears, beets, honeydew melon, colorful carrots, red and purple plums, butternut squash, green grapes, red peppers, dragon fruit, kale, apples, asparagus, radishes, cantaloupe, pineapple, cranberries, parsnip, star fruit, rutabaga, star ruby grapefruit, Brussel sprouts and soon cara cara oranges and jicama. Students, parents, and staff feel this program has been quite a success!

Fourth grade teacher Kim Peterson said: "My students greatly anticipate their smidgen fruit or vegetable selection of the day. They have strong opinions and great discussions about the pros and cons of the fruits and vegetables they are sampling. I love the enthusiasm regarding healthy food choices this program is sparking in my students!"

Going to the produce section of the grocery store or farmer markets has a whole new meaning. Students are now able to identify the many foods they are exposed to in school as a result of this program making it not only tasty but educational. This grant also complements our Wellness Policy in creating an environment that promotes healthy eating and overall well-being. Many of the foods are being procured from local MA farms making this program a win-win for everyone!

Monthly menus and fact sheets are posted on the district website under "Food Services; Menus & Memos."

Happy Munching! ~ Lucinda Ward, MEd, RD, SNS, Director of Food & Nutrition Services

New Year... New You

Are you one of those people who consistently makes a New Year's resolution? Frequently people look to self-improvement for the new year, so many resolutions tend to center around "health" and/or weight loss. However well intentioned, statistics show that roughly 8% of people follow through with their resolutions. You can recommit to your health and well-being in 2020, says Johns Hopkins Medicine.

Here are six 6 Resolutions for a Happy and Healthy New Year:

- Practice mindful eating.
- Slow down and pay attention to your food.
- Get enough sleep.
- Take time at the beginning or end of the day to reflect on what you're grateful for.
- Find at least 30 minutes each day to take a walk or get another form of exercise.

- Make small changes to be more active. Take the stairs instead of the elevator.
- Commit to a 30-day fitness challenge, such as yoga or fitness classes.

Lori Mowbray/Johns Hopkins Medicine

Upcoming Wellness Fair

Triton is hosting a Student Wellness Fair on Thursday morning, **March 19th at Triton High School for Gr. 8 & 9.**

The purpose of hosting this fair is to bring awareness to opportunities within and outside of school that support an individual's overall wellbeing. If you would like to be involved in the planning of the fair, please contact: Kim Croteau at kimberly.croteau@tritonschools.org.

Don't Forget Your ZZZs

March 1 - 7, 2020 is National Sleep Awareness Week

After a long day of work and play, we often can't wait for bedtime. But for some, falling asleep can be elusive and stressful. In fact, most people experience difficulty falling asleep at some point in their lives. National Sleep Awareness Week is an opportunity for us to stop and think about our sleep habits, realize how much they impact our well-being, and take a step towards improving them.

The National Sleep Foundation recommends that adults get seven to nine hours of sleep per night; less may pose serious consequences to one's health and safety. For example, the Centers for Disease Control and Prevention (CDC) have found that people who reported sleeping six hours or less per night were significantly more likely to fall asleep while driving than those who reported sleeping seven to nine hours nightly. The amount of sleep needed depends on the individual; but it is generally considered that the older you get, the less sleep you require.

mass.gov/blog

Triton Wellness Advisory Committee wants to hear from you. Please contact: kimberly.croteau@tritonschools.org with questions, ideas, and experiences.
