

Fall 2021

Parent Healthy News

From the RSU #18 Lifestyle Team



Autumn - You can feel it coming!

A chill is in the morning air. Pumpkins & fall flowers are appearing all around you. The leaves are starting to change colors. Cozy up in your warm clothes while watching the cascading leaves falling from the trees. See the trademark V of Canada Geese as they fly overhead. Join in some great fall activities for better health like a fall hike, picking apples from the orchard or searching for a great pumpkin.

Have a Great Autumn



Beth Preston – CPS –
Hiking



Leanne Moll and Laura
Dunbar – BCS – Running in
a race

This year, RSU 18 celebrates twenty years of offering the Gift of Good Health to the Students, Staff, and the Communities where we live. This work all began in 2001 when the former China Public Schools and the Messalonskee School District (MSAD 47) were awarded Coordinated School Health Program grants through the Healthy Maine Partnership. These funds allowed the China and Messalonskee Schools to focus on the health and wellness of students, staff, families, and communities. When RSU 18 was formed in 2009, the Administration and School Board continued to support and build upon this work. We now call our wellness program, the Lifestyles Program. The Lifestyles Team works year-round to plan and provide wellness offerings to students, staff, and the community that focus on mind, body and (school) culture activities.



In the midst of covid-19, nature-rich fun experiences are more needed than ever for social, physical, and emotional health of our Students, Staff and Families.

Visit the China School's Forest Trails Scarecrows, Story Walks and Back to School



From September 26-October 31, the China School Forest Trails will have TWO Story Walks in our forest. **The Scarecrow** wanders from the China Primary School bus circle to The Reading Tree and **Let's Go on a Leaf Hunt** begins near the access road behind the football field and goes along our Tree Identification Trail. Both are great for families to enjoy. Search for the cute Forest Gnomes placed on the trails.

<https://chinaschoolsforest.wixsite.com/website>



**Kennebec
Messalonskee
TRAILS**

Visit the Messalonskee School Trails between Messalonskee Middle & High School. Come walk, bike and hike the many trails of the Kennebec Messalonskee Trail system. More information about the KMT trails is located at these links
<https://www.kmtrails.com/the-trails/>

October Harvest of the Month Apples



Visit a Local Apple Orchard
<https://pickyourown.farm/farms/apples/?q=04901>

Eat a Rainbow Every Day



Try these great fresh Fall Fruits and vegetables from the garden, farm or orchard for better health.

Red – Apples, tomatoes, rhubarb, beets, cranberries, raspberries, red potatoes

Yellow/Orange – Sweet corn, Asian pear, yellow peppers, carrots, peaches, cantaloupe, butternut squash, sweet potatoes, pumpkin seeds, nectarines

Green – Lettuce (all varieties), fresh herbs, green apples, asparagus, green beans, brussel sprouts, kale, broccoli, spinach, chard, cabbage, cucumber, watermelon, zucchini

Blue – Blueberries, blue corn

Purple – cabbage, blackberries, plums, eggplant, grapes

USDA My Plate recommends that half of your plate is filled with fruits and vegetables.

<https://www.myplate.gov/>

Maine Harvest Calendar

<http://www.pickyourown.org/MEharvestcalendar.htm>

October is Farm to School Month.

Join the **Whole Kids Foundation Kids Club** for Better Bites for your children.

<https://www.wholekidsfoundation.org/kids-club/eat-a-rainbow>

School gardens provide a much-needed sensory experience for our staff and students in the outdoors. Many of our schools have outdoor raised bed gardens and some have indoor tower gardens. All Pre-K – grade 4/5 participate in the Maine Ag in the Classroom Read Me Program each March.

Grants –Summer & Fall 2021

Shaw's and Star Market Foundation Nourishing Neighbors Summer Meals Grant - \$25,000 - Summer Meals Program- School Nutrition Director -Barbara Bonnell & School Health Coordinator Claire Heffernan

Full Plates – Full Potential - \$9,969.44 - Summer Meals Program – Barbara Bonnell & Claire Heffernan

Whole Kids Foundation - \$3,000 – MMS gardens – Rebecca Cobban & Amanda Ripa

Maine Literacy Fund – Author Visit - MHS – \$800 - Sylvia Jadczyk

NFL Fuel Up to Play 60 – MMS – Lauralee Fegel & Janet Hutchinson -\$2,600 for Nutrition and Physical activity initiatives

Dollar General Foundation – Youth Literacy Grant – JHB - \$3,997– Erica St. Peter

Healthy Northern Kennebec Drug Free Communities - \$5,000 - Mental Health & Aces Training for staff