

# Parent Healthy News

From the RSU 18 Lifestyle Team -December 2021

**The RSU 18 Lifestyle Team**

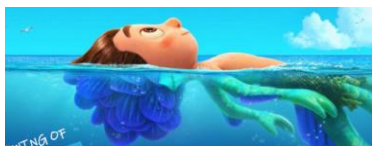
**Would like to Wish You  
&**

**Your Family a**

**Happy, Healthy Holiday Season**



As we celebrate 20 years of wellness in RSU 18 (MSAD 47 & China Schools), the Lifestyle Team encourages you and your family to participate in fun wellness activities over the holidays and all year long.



The Team was excited to offer the family movie “Luca” on November 5<sup>th</sup> at the Performing Art Center at MHS. Students and families enjoyed their Family Movie Night with refreshments of cookies and cider. We had approximately 125 in attendance. The Lifestyle Team looks forward to hosting another Family Movie Night in the future. Hope to see you all there.

## Healthy Holiday Tips



### *Stay Healthy over the Holidays*

The holiday season is a wonderful time of year that is about togetherness and showing gratitude for the people in our lives. It can also be challenging for families trying to eat healthy and stay physically active while enjoying the holiday season. Here are a few Healthy Holiday tools and tips to help you have a safe holiday season:

#### Stay Healthy

Wash your hands often to help prevent the spread of germs. Wear a mask where needed to protect yourself and others.

#### Be Prepared

Spend time planning and preparing your snacks, appetizers, meals, and desserts for the holidays.

#### Don't Skip Meals

Like any other day, you shouldn't skip meals during the holidays. Keep normal eating times and if you do happen to skip a meal try to snack on healthy foods.

#### Stay Physically Active

Find ways to engage in physical activities.

- Go for a walk around the neighborhood to enjoy the holiday decorations
- Snowshoe or cross country ski on our local trails to gaze at the moon and stars. Local Trails: China Forest Trails, Messalonskee School or Stream Trails, Quarry Road Trails, Kennebec Messalonskee Trails. Find trails at <https://www.kmtrails.com/the-trails/> or <http://www.mainetrailfinder.com/>
- Build a snow sculpture, if there is snow.
- Go sledding or snow tubing on a nearby hill
- Go ice skating or play ice hockey
- Turn up those holiday tunes/music and start dancing as a family - anything that keeps everyone moving and having fun.

#### Rest

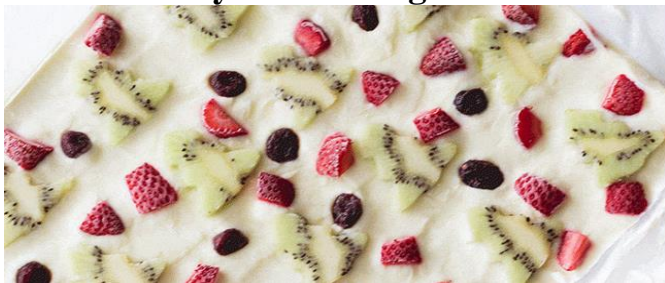
Make sure to add sleep and relaxation to the holiday to-do list. Staying well rested provides an extra boost of energy.

***Most important  
Enjoy Family Time Together.***

## Holiday Snack Recipe

Adding Holiday cheer to snacks can be simple and not filled with sugar! Curb the sugar and sweets with this healthy treat for your family.

### Holiday Frozen Yogurt Bark



This Bark is so easy to make and tastes delicious.

#### Ingredients

2 cups of Natural Greek Yogurt

3 Kiwis

5 Strawberries, chopped into small pieces

1 tbsp. of Dried Cranberries

If you want to add more sweetness, mix in some honey or maple syrup to the yogurt before spreading.

#### Instructions

1. Thinly slice the Kiwis. Use a cookie cutter to cut out a favorite shape. The shape in the picture is a tree.
2. Line a rimmed baking tray with baking paper
3. Pour the yogurt into the center of the tray and spread evenly
4. Place the Kiwi, strawberries and cranberries as desired onto the yogurt.
5. Freeze until completely solid ( approximately 4 hours)
6. Cut into sections and serve or place sections into a zip lock bag and store in the freezer.

#### Nutrition Facts

Christmas Frozen Yogurt Bark

Amount Per Serving (1 of 18 squares)

Calories 49

Calories from Fat 14

% Daily Value\*

<b>Fat</b> 1.6g	<b>2%</b>
<b>Cholesterol</b> 3.6mg	<b>1%</b>
<b>Sodium</b> 10.5mg	<b>0%</b>
<b>Carbohydrates</b> 6.5g	<b>2%</b>
Sugar 4.6g	<b>5%</b>
<b>Protein</b> 2.9g	<b>6%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

<https://www.superhealthykids.com/recipes/25-healthy-christmas-snacks-party-foods/>

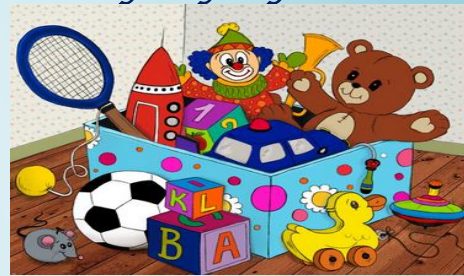
#### Reindeer logs

**Ingredients:** Celery, Fresh Cranberries, Twist Pretzels, Peanut Butter, [Nutella](#), and [Candy Eyes](#).

**Instructions:** cut your celery 3-4 inches long. Then, fill them with peanut butter or [Nutella](#). Next break your pretzels in half and place them near the top of the celery to represent the antlers. Then add 2 candy eyes and a cranberry for the nose



## Toy Safety Checklist



- Make sure the toys have no sharp edges, points, small parts, pinch points, chipped paint, splinters, and loose nuts and bolts.
- Look for warnings or other safety messages on the packaging.
- Read carefully all instructions included in and on the toy packaging.
- Make sure that all toys are painted with lead free paint.
- Throw away all toy packaging such as plastic, cellophane and Styrofoam.
- Teach your child the proper use of toys. For example, darts and arrows should not be pointed at anyone.
- Make sure that batteries in toys are properly installed
- Do not allow a child to sleep with a battery-operated toy.
- Wash toys after each use if it has been put in the child's mouth.
- Make sure that large toy boxes have good ventilation and that the lid is lightweight and well supported.
- Make sure Toys are flame retardant, like pillows, stuffed animals, doll clothes etc.
- Examine toys regularly for signs of wear and tear.
- Check for recalls at

*Take some time this  
Holiday Season to focus  
On your wellbeing*

