



Executive Education Academy Charter School

Raptor Wellness Newsletter



Spring 2025 Edition



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Welcome to this year's next Wellness Newsletter!

You will find a variety of information for adults & students.

This issue highlights a new feature, finding the Raptor hidden in the issue!

This article includes:

- ✓ Need to lose your winter weight, Zero-point Weight Watchers recipes included in this issue.
- ✓ Take advantage of the warmer weather and try some outdoor exercises and stretches.
- ✓ Tips to make healthy choices when using products.
- ✓ Plans for a growth mindset for students and adults.
- ✓ Spring exercises for everyone, including teachers.
- ✓ Planting season is approaching, how to build a raised garden planter.
- ✓ Benefits of sleep for children and adults.
- ✓ The birds have migrated north, two easy bird feeder designs that you can make.
- ✓ More weight loss and nutrition ideas, word search included!
- ✓ Wallpaper flowers, an easy craft for everyone!

Find the Raptor!



There are 5 Raptors hidden in the
pages of this newsletter.

Can you find all 5?

MAKE A HEALTHY CHOICE

by Sheri Peters

Making informed decisions on products you use in your daily life can improve your overall health and the environment as well. There have been increased numbers in cancers, thyroid problems, endocrine problems, asthma cases as well as upper respiratory infections and more. Some of these common household items contain chemicals and toxins that can be detrimental to your health and be doing more harm than good. Using products that are safe for you and the environment can make a positive impact by improving the air quality and are more beneficial for your health and well being.



MAKE A HEALTHY CHOICE

<u>Product</u>	<u>Chemicals</u>	<u>Better Choice</u>
Air Fresheners	Formaldehyde	Essential Oils
Dryer Sheets	Carcinogens, VOC's	Wool Dryer Balls, Hang Dry
Perfume	Phthalates	Essential Oils



MAKE A HEALTHY CHOICE

Product	Chemicals	Better Choice
Laundry Detergent	Sodium laureth sulfate (SLES) Phophates, Formaldelyde, VOC's	Charles Soap Powder, <u>Defunkify</u> , Branch Basics Simple Green
Toilet paper	PFAS, Forever Chemicals, Formaldehyde	Bidet, Bamboo Toilet Paper
Pesticides	Glyphosate	Ladybugs, Praying mantis, Neem Oil



MAKE A HEALTHY CHOICE

<u>Product</u>	<u>Chemicals</u>	<u>Better Choice</u>
Weed Killer	Glyphosate	Vinegar, Salt, Lemon Juice mix
Bleach	Chloramine gas, Chloroform	Vinegar, Steam mop, UV light, Lemon
Shampoo	Sulfates, Parabens, Phthalates, Formaldehyde	Dr. Bronner's, Alba
Cleaning Products	Ammonia, Phthalates, Parabens	Vinegar, Lemon



NEW
HORIZON
ACADEMY



Kids STEAM - Craft

Build a Bird Feeder

By Jenna Schray

Materials Needed:

- Bird Feed
- Cookie Cutter
- Gelatin
- String
- Needle
- Bowl
- $\frac{1}{4}$ Cup Hot Water

Instructions:

- 1 Combine one pack of gelatin mixture with a quarter cup of boiling water. Mix until the gelatin powder dissolves.
- 2 Add around $\frac{3}{4}$ cup of bird feed to the mixture. Mix well.
- 3 Scoop out the mixture and spread to fill the cookie cutter. Be sure to pack it and fill it.
- 4 Once hardened, pop out the bird feed from the cookie cutter and add a string to hang the finished bird feeder outside.

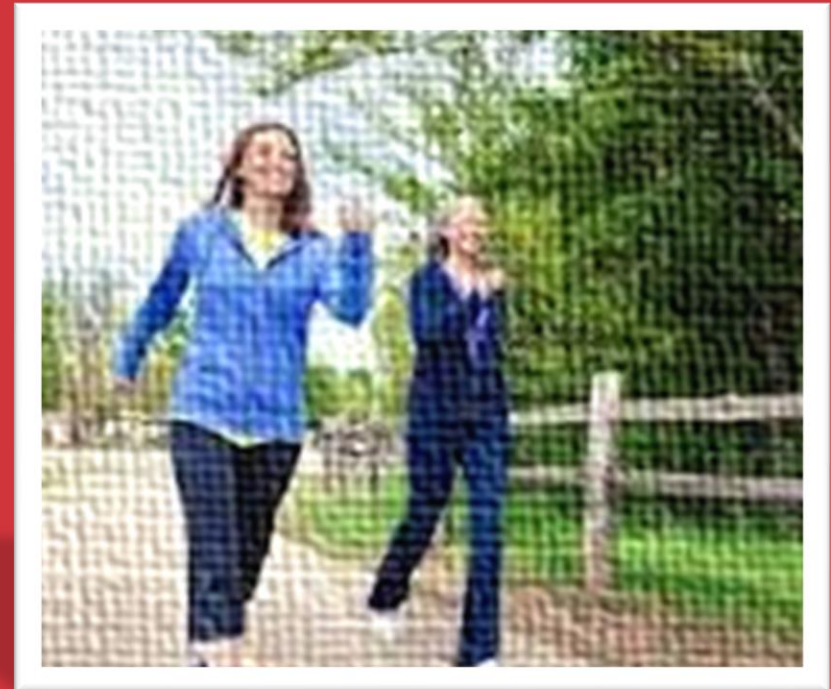


Outdoor Spring Exercises

by Jenna Schray

Power Walking or Jogging: Lace up your sneakers and hit the pavement for a refreshing walk or jog around your neighborhood or local park. The sights and sounds of nature blooming around you will add an extra boost of motivation to your cardio workout.

Cycling Adventures: Dust off your bike and explore scenic bike trails or quiet country roads. Cycling not only provides an excellent cardiovascular workout but also allows you to connect with nature as you pedal through lush landscapes.





Hiking Excursions: Take advantage of the longer daylight hours by embarking on a hiking adventure. Whether you opt for a leisurely nature walk or a challenging hike up a mountain trail, you will reap the benefits of fresh air, sunshine, and stunning views along the way.

Outdoor Circuit Training: Set up a circuit of exercises using benches, stairs, and other outdoor structures. Incorporate activities like step-ups, tricep dips, and box jumps to create a dynamic, full-body workout that takes advantage of your surroundings.

Park HIIT Circuit: Utilize the open space of a park to create a HIIT circuit consisting of exercises like burpees, jumping jacks, mountain climbers, and squat jumps. Perform each exercise for a set amount of time or repetitions, with minimal rest between exercises, to elevate your heart rate and torch fat.



Cool Down and Stretch Outside

Yoga in the Park: Unroll your yoga mat on the grass and immerse yourself in a revitalizing outdoor yoga practice. Connect with your breath, stretch your muscles, and find inner peace as you flow through sun salutations and grounding yoga poses surrounded by nature's beauty.

Mindful Stretching by the Lake: Find a serene spot by a lake or river and indulge in some mindful stretching to unwind and rejuvenate your body. Focus on deep, slow stretches that target tight muscles, and allow yourself to fully relax and let go of tension.

GROWTH MINDSET

By Brenda Raught

WHAT IS GROWTH MINDSET?

Having a growth mindset means seeing every challenge as an opportunity to grow our abilities and get better at something.

GROWTH MINDSET

Inspired by the success of others

Believe that abilities can be developed with effort

Perseveres even when faced with failures

Has the hunger for learning

Growing and learning from feedback and mistakes

FIXED MINDSET

Feels threatened by the success of other people

Believes that abilities are fixed

Avoids challenges

Gives up easily

Ignores feedback from others

People with growth mindset know that they can get better by persevering and working hard. Even when things get hard, they do not give up. They see mistakes as a chance to learn.

Having a growth mindset means that you embrace and welcome challenges and constructive criticisms to learn and improve.

When you overcome challenges and learn from mistakes, your brain continues to grow and get smarter as new pathways are built between neurons.

I CAN GROW MY BRAIN!

Our brain contains 86 billion neurons. When we learn something new and grow our abilities, our neurons form new connections. With more practice and effort, these connections get stronger.

GROWTH MINDSET

FIXED MINDSET

THIS IS THE BEST I CAN DO

I CAN'T DO THIS

I'LL GIVE UP

THIS IS TOO DIFFICULT

I'M AFRAID OF MAKING MISTAKES

I DON'T UNDERSTAND

I HAVE FAILED

GROWTH MINDSET

I CAN KEEP IMPROVING

I CAN PRACTICE MORE

I'LL TRY ANOTHER WAY

CHALLENGES HELP ME TO GROW

MISTAKES HELP ME TO LEARN

I CAN KEEP LEARNING

I WON'T GIVE UP

GROWTH MINDSET

*Fixed
mindset*

*Growth
mindset*

INSTEAD OF I CAN THINK

I made a mistake



I can't make this
any better



I am not smart



I don't know how



I'll never be that
smart



GROWTH MINDSET

* What is something I
learn easily?

What is a mistake I made recently?
What did I learn from it?

Do I have a fixed or growth mindset? Why?

What is something I
would try if I know
that I would not fail?

What is something I have
worked hard for?

I BELIEVE IN THE POWER OF YET

I'M NOT GOOD AT THIS *yet* *

I CAN'T DO THIS *yet*

TO HAVE A BAD DAY *yet*

I DON'T UNDERSTAND IT *yet*

IT DOESN'T MAKE SENSE *yet*

yet

yet

GROWTH MINDSET

A	M	N	P	D	O	W	G	V	T
P	E	M	Y	E	H	X	R	N	G
Q	I	P	Z	F	N	H	O	P	E
L	Y	A	X	F	W	M	W	U	S
Z	H	T	K	O	Y	E	T	F	I
G	R	I	T	R	J	K	H	E	R
K	E	E	P	T	R	Y	I	N	G
G	C	N	B	R	A	I	N	L	Q
E	D	T	B	E	L	I	E	V	E

Growth

Hope

Grit

Keep trying

Effort

Believe

Patient

Brain

Yet

GROWTH MINDSET

INSTEAD OF

THIS IS THE BEST I CAN DO

I CAN'T DO THIS

I'LL GIVE UP

THIS IS TOO
DIFFICULT

I'M AFRAID OF
MAKING MISTAKES

I DON'T UNDERSTAND

I HAVE FAILED



SAY THIS

I CAN KEEP IMPROVING

I CAN PRACTICE MORE

I'LL TRY ANOTHER WAY

CHALLENGES HELP ME
TO GROW

MISTAKES HELP ME
TO LEARN

I CAN KEEP LEARNING

I WON'T GIVE UP



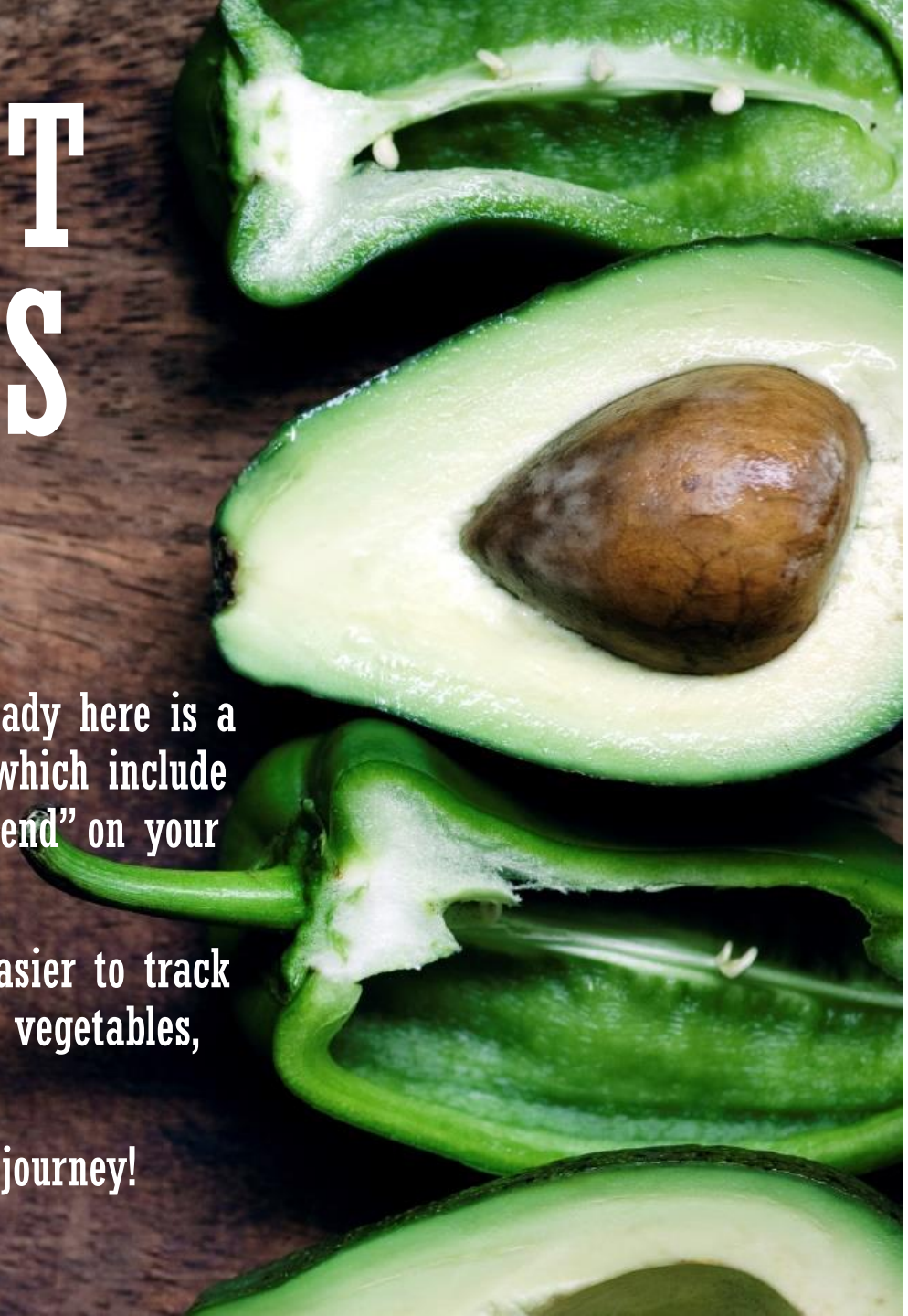
ZERO-POINT WEIGHT WATCHERS RECIPES

By Kim Bjorkman

If you are not familiar with Weight Watchers (WW) point system already here is a short explanation. Points are assigned based on nutritional content, which include calories, sugars, etc. You get a daily and weekly points budget to “spend” on your food. This encourages balanced eating and flexibility.

Instead of counting calories, WW assigns points to foods, making it easier to track and choose healthier options. Zero-point foods consist of non-starchy vegetables, lean protein, and certain fruits.

Here are a few easy recipes to get you started on your weight loss journey!



RECIPES TO MAKE MEAL PLANNING AND SNACKING EASIER



SNACKS



BREAKFAST



DINNER

SATISFY THE SWEET CRAVING WITH CHOCOLATE BANANA NICE CREAM



Equipment:

blender

Ingredients:

3 bananas – frozen

3 tbsp cocoa powder – unsweetened

1 tbsp honey or agave

½ cup unsweetened almond milk

Instructions:

1. Cut bananas into chunks and freeze for at least 1 hour.

2. Blend all ingredients in blender or food processor.

3. Ready to eat, enjoy!

Prep Time
5 mins

Freezing Time
1 hr

Servings
4

Calories
108

SATISFY THE SAVORY CRAVING WITH BUFFALO CHICKEN DIP



Prep Time
5 mins

Cook Time
Varies depending
on option used

Servings
6

Ingredients:

4 oz skinless boneless chicken (cooked and shredded) OR a rotisserie chicken (reheat and shred)
 $\frac{1}{2}$ cup buffalo sauce
.5 oz dry ranch salad dressing & seasoning mix
 $\frac{1}{2}$ cup non fat plain or Greek yogurt

Instructions:

1. Combine chicken, buffalo sauce, and seasoning mix.
2. Heat on low for 30 minutes.
3. Garnish with more buffalo sauce and sliced green onions if desired.
4. Serve with celery, carrot sticks, pretzels, or tortilla chips

START THE MORNING OFF EASY WITH 2 INGREDIENT BANANA PANCAKES



Prep Time
3 mins

Cook Time
3 mins

Servings
1

Ingredients:

1 banana
1 egg

Instructions:

1. Spray pan and place over medium heat.
2. Add banana to a bowl and use a fork or potato masher to mash the banana until there are no longer any large chunks.
3. Add egg to banana and stir well.
4. Pour batter into preheated pan, cook for 3-4 minutes until the edges begin to dry. Carefully flip your pancake. Cook an additional 2-3 minutes.
5. Transfer to a plate and top with your favorite toppings like pure maple syrup. I like to add peanut butter and strawberries to mine!
Enjoy!

END THE DAY NUTRITIOUSLY WITH EGG ROLL IN A BOWL: SOUTHWEST STYLE



Prep Time
10 mins

Cook Time
7 mins

Servings
6

Egg Roll Filling Ingredients:

1 tsp olive oil
1 lb chicken breast, cut into cubes
1 cup red onion, diced
1 tsp cumin
½ tsp chipotle chili powder
1 tsp oregano
¾ cup corn, canned or frozen
¾ cup black beans, drained
1 cup red bell pepper, diced
4 oz green chiles, diced
1 cup broccoli slaw, shredded
3 cups coleslaw mix
½ cup cilantro, chopped

Chipotle Ranch Dressing Ingredients:

¾ cup Greek yogurt, plain, fat free
1 tsp garlic powder
½ tsp onion powder
1 tsp dried dill
1 tsp dried parsley
¼ tsp chipotle chili powder
1 tsp apple cider vinegar
3 tbsp water

INSTRUCTIONS

1. Lightly spray a large skillet with nonstick cooking spray. Add cubed chicken, onions, cumin, chili powder, and oregano. Cook over medium heat until chicken is browned and onions are beginning to soften.
2. Add corn, black beans, bell peppers, green chiles, broccoli slaw, and coleslaw mix.
3. Cover and simmer for 10-15 minutes until the cabbage shrinks and chicken is cooked through.
4. While cooking, mix together the chipotle ranch dressing ingredients.
5. Remove the lid and stir in cilantro. Serve topped with 2 tbsp of dressing.

Optional: top with lime juice, avocado, and jalapenos.

Tailor the recipe to your taste and enjoy!

SLEEP

By Mari Perez



Getting enough sleep can improve your physical and mental health, and help you feel better overall.



BENEFITS:

Get sick less often.

Stay at a healthy weight.

Reduce stress and improve your mood.

Improve your heart health and metabolism.

Lower your risk of chronic conditions.

Lessen the risk of motor vehicle crashes and related injury or death.

Improve your attention and memory to better perform daily activities.

SLEEPY TIME

Getting enough sleep is important for children's physical and mental health. It helps children learn, remember, and regulate their emotions.

Sleep is the time for restoration and for children's bodies to recharge and retain the information they have learned throughout the day.



How much sleep does a child need each night according to his or her age?

Newborns, 0-1 year: 16 hours

Toddlers, 1-2 years: 11 to 14 hours

Preschoolers, 3-5 years: 10 to 13 hours

School-aged, 6-13 years: 9 to 11 hours

Teenagers, 14-17 years: 8 to 10 hours



**SING
A
SONG**



"Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!"



How to Make Wallpaper Flowers

By Nicole Delong

Here's how to transform wallpaper remnants into floating flowers.



- [Click here](#) to download the petal template, and print.
- Trace and cut out 8 to 12 (depending on sizes) petals on backs of wallpaper remnants.
- Pinch together one end of each petal, and secure with hot-glue.
- Once dry, glue petals together in a circle.
- Secure to wall with pushpins.

Link for template:

<https://hmg-prod.s3.amazonaws.com/files/flower-template-1611255075.pdf>

Plastic Bottle Bird Feeder



What's Needed

1 Empty Water Bottle/Gatorade Bottle

2 Mixing Spoons

Bird Seed

Twine

Scissors

Directions

1. Near the bottom of the bottle, cut a little larger than a quarter size hole into the side of the bottle. Poke a spoon handle through it until it hits the other side of the bottle and cut a small hole there so the handle can go through.
2. Repeat step 1 higher up on the bottle for the other spoon.
3. Tie a piece of twine around the neck of the bottle as a hanger for the birdfeeder.
4. Fill the bottle with the birdseed and hang your feeder outside.
5. The seed will fall out onto the spoons as the birds eat.
6. Fill up when needed!

Spring Time weight loss and Nutrition Ideas for Children and Adults

Spring is a great time to refresh your diet and introduce new, healthy habits for both adults and children. Here are some ideas to help you get started:

Adults:

Incorporate Fresh Produce: Take advantage of the seasonal fruits and vegetables available in spring. Berries, leafy greens, asparagus, and peas are all great choices. They are packed with vitamins and minerals and can be used in a variety of dishes.

Hydrate with Water: As the weather warms up, it's important to stay hydrated. Drink plenty of water throughout the day and consider adding slices of lemon, cucumber, or mint for a refreshing twist.

Outdoor Activities: Spring is the perfect time to get outside and be active. Whether it's walking, jogging, cycling, or gardening, find an activity you enjoy and make it a regular part of your routine.

Healthy Snacking: Keep healthy snacks like nuts, seeds, fresh fruit, and yogurt on hand to avoid reaching for unhealthy options. Preparing snacks in advance can help you stay on track.

Meal Prep: Plan and prepare your meals in advance to ensure you have healthy options available. This can help you avoid the temptation of fast food or unhealthy convenience foods.

Children:

Make Food Fun: Get creative with how you present food to make it more appealing to kids. For example, you can make fruit kabobs, create fun shapes with vegetables, or have a "rainbow plate" challenge where they try to eat foods of different colors.

Involve Them in Cooking: Let children help with meal preparation. They can wash vegetables, mix ingredients, or even decorate their plates. This can make them more interested in trying new foods.

Healthy Snacks: Offer healthy snacks like apple slices with peanut butter, carrot sticks with hummus, or yogurt with fresh berries. These snacks are nutritious and can be fun for kids to eat.

Educational Activities: Teach children about the benefits of healthy eating through fun activities. You can read books about nutrition, watch educational videos, or even play games that involve healthy food choices.

Encourage Physical Activity: Encourage kids to be active by playing games, going for walks, or participating in sports. Physical activity is an important part of a healthy lifestyle and can be a lot of fun.

By incorporating these ideas into your daily routine, you can help both adults and children enjoy a healthier spring season.

By Melissa Tollen



Spring Word Search

Name: _____

SpringTime



Word list:

BLOOM
FLOWER
GRASS
GREEN
GROW
NEST
PARK
RAIN
SEED
WARM

C	N	A	Y	L	G	W	D	K	T
F	L	O	W	E	R	R	P	P	J
T	W	Y	J	S	T	N	O	F	B
G	R	E	E	N	R	V	I	W	A
D	S	E	E	D	P	A	R	K	C
R	C	B	T	A	B	L	O	O	M
A	S	N	R	C	K	S	P	Z	F
I	J	E	G	R	A	S	S	N	I
N	K	S	T	W	A	R	M	S	F
T	M	T	O	J	R	Z	G	O	V



Teacher Spring Exercises

For mind, body, and soul

By Brent Blickensderfer

For Lighter Exercisers:

Spring fitness exercises for teachers include walking, jogging, hiking, swimming, circuit training, and deadlifting.

Cardiovascular exercises

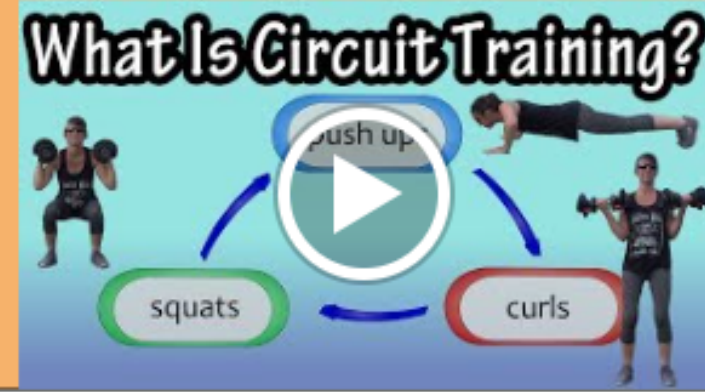
- **Walking, jogging, or hiking:** A classic cardio exercise that can be done outdoors
- **Swimming:** A cardiovascular exercise that improves endurance and flexibility



For Hardcore Exercisers:

Strength training exercises

- **Deadlifting:** Builds functional strength in the core, glutes, hamstrings, abdominals, lower back, and quads
- **Cardio Class**
- **Circuit training:** A fast-paced routine that incorporates different exercises to build muscle



For Teachers Lacking Time:

Tips for fitting in exercise

- Move in the morning
- Find an exercise buddy
- Use school time to exercise
- Prioritize you
- Amp up your workout gradually
- Stretch

10 Minute Routine

Start Your
Morning



For Teachers, Students, and Family:

Other tips for promoting exercise

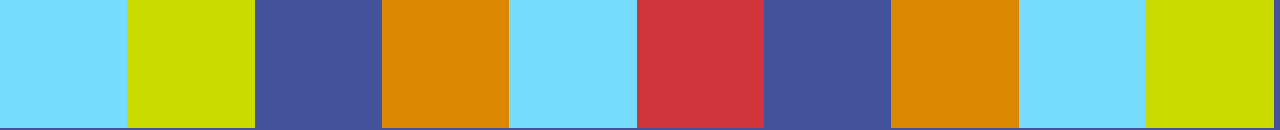
- Offer daily recess
- Offer regular PE classes
- Incorporate exercise into classroom learning
- Create mini exercise breaks throughout the day
- Create before or after-school physical activity programs
- Get parents involved
- Hold an exercise contest

A decorative graphic on the left side of the page consists of a 3x3 grid of colored squares. The colors are: top row (yellow, magenta, blue), middle row (red, blue, orange), bottom row (magenta, orange, yellow). Below this grid, there are two light blue squares, a blue square, and another two light blue squares, creating a larger, irregular shape.

DIY Raised Garden Planter

A small, solid blue horizontal bar.

By Jayme Ingram



Have you ever wanted to start growing your own garden but don't have the yard space or are constantly under attack by adorable bunnies and groundhogs?

Well, a raised garden planter might be right for you! This is a fairly simple DIY project that with the right tools, can be completed in just a few hours!

Step 1: Tools and Materials



TOOLS

Circular Saw
Speed Square
Drill and Impact Driver
Wire Snips
Staple Gun
2 Clamps

MATERIALS

(3) 1x6x8 Cedar Boards
(1) 1x4x8 Cedar Board
(2) 4x4x8 Board (cedar if possible)
2" Wood Screws
1/4" x 1/4" Galvanized Steel Fencing Wire
Landscaping Fabric
Raised Bed Garden Soil
Plants or Seeds

Step 2: Cut the Boards

Once you've bought your materials, start by cutting the cedar boards for the siding using a circular saw. You can make your planter as small or large as you'd like! The photos listed for this project are for a box 2 feet wide by 4 feet long. Using your circular saw cut 4 boards at 24" and 4 boards at 48" long



Next:

Next, it's time to make the feet of your stand. Cutting 4x4 polls can be a little tricky. Most blades will not go through the board so a cut on either side of the 4x4 board will do the trick. Mark your board at 30" long and make your first cut.



Step 3: Attach the Boards to the Legs



For this process, you will assemble the box upside down. First, use your clamps and a speed square to attach a side and an end board to the leg making an L shape. Using a speed square will help ensure your wood pieces will line up properly.

To attach, pre-drilled the wood so you wouldn't split the wood later when you use the screws. Once holes are made, use a 2" wood screw. Once you've attached the first row of boards around, go ahead and use that same pre-drilling and screwing technique and add one more screw either above or below your first screw. Repeat this process one more time adding a second piece on top.

Step 4: Add Wire to the Bottom to Hold the Dirt

Next, add the wire to the bottom of the planter but first add 5 1x4 boards to stretch across the width of the planter box. This will help support the weight of the dirt. Pre-drill and screw the 1x4's to the bottom of the planter spreading them out evenly. Then, flip the box over and add the wire. Using your wire cutters, snips and then cut out where the 4x4 legs would need to be. You might need to bend and move it around a good bit to get it to fit where you want. Last, use your staple gun to secure it in place.



Step 5: Fill With Dirt and Plant

At this point the planter is almost done! Adding a layer of landscaping fabric will help the dirt stay in the planter box. Simply use scissors to trim this. 2 bags of gardening soil should fill your new planter box perfectly! If you are more of a visual learner, here is the link to the article which has a video as well!



<https://www.instructables.com/Elevated-Garden-Planter/>





We hope you enjoyed the newsletter!



The Wellness Committee