



Executive Education Academy Charter School

Raptor Wellness Newsletter



Winter 2024 Edition



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Jenna Schray
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Welcome to this years first 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:

- ✓ Learn about snow flakes & how to make a snow flake tree
- ✓ Get outside and enjoy winter
- ✓ Healthy choices & nutritional activities for the whole family
- ✓ Recipes for soup & cookies that even the kids can help with
- ✓ How to make a vision board and meet your goals
- ✓ What is a growth mindset
- ✓ Life is short, walk tall
- ✓ Making the most of the holiday break
- ✓ Word search & a winter break bingo board

Find the Raptor!



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

Can you find all 5?

Life is Short Walk Tall

by Mari Perez



Walk the extra mile
for yourself.
Walk strong,
live long.

Walking has many health benefits for adults

Walking can improve cardiovascular fitness and lower the risk of heart disease and stroke.

Bone health:

Walking is a weight-bearing activity that can strengthen bone and prevent osteoporosis.

Weight management:

Walking can help maintain a healthy weight and reduce body fat.

Mental health:

Walking can improve mood, reduce stress and anxiety, and help with sleep.

Immune system:

Walking can help protect against colds and the flu.

Joint health:

Walking can reduce arthritis-related pain and prevent arthritis from forming.

Social life:

Walking can be a great way to meet people and socialize.

Brain health:

Walking may lower the risk of Alzheimer's disease.

Energy levels:

Walking can increase energy levels and stamina.

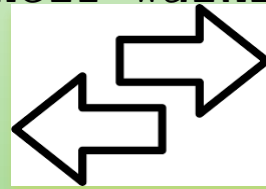
Balance and coordination:

Walking can improve balance and coordination, which can help reduce the risk of falling.



Tiny steps towards big adventures.

Here are some games for children to play to get their walking



Walking has many benefits for children

Physical health

Mental health

Creativity

Healthy habits

Safety awareness

Improved learning

Motor skills

Reduced risk of disease



Get Outside and Enjoy the Winter

By Sheri Peters

When you think of winter you might think of hot chocolate and warming by a fire but winter is a great time to get outside and enjoy some fun winter sports and activities. Plus, when being active during the cold winter months your body actually burns more calories in an effort to stay warm. Then after these fun and adventurous activities you can have some healthy hot chocolate and warm yourself by the fire.



Snowboarding



Snow Tubing/Sledding



Ice Skating



Snow Shoeing



Cross Country Skiing

Get Outside and Enjoy the Winter



Ice Hockey



Hiking



Bob Sledding



Ice Climbing

Places to go in the winter:

Snowboarding, Skiing, Snowtubing

Blue Mountain-WinterFest-Bob Sledding

Camelback Resort

Bear Creek

Ice Skating

Steel Ice Center-Ice Skating

Bethlehem Municipal Ice Rink-Ice Skating

Hiking/Cross Country Skiing/Snowshoeing

Jacobsburg State Park

Local Rails to Trails-D&L Trail, Saucon Rail Trail, Local Parks

Lehigh Parkway

Ice Climbing

The Narrows-Kintnersville



Get Outside and Enjoy the Winter & Then Have Some Healthy Hot Chocolate

Ingredients:

- 1 Cup Almond Milk or Unsweetened Coconut Milk
- 2 ½ tsp Unsweetened Cocoa Powder
- ½ Tbsp Pure Maple Syrup or Local Honey
- 1 Tbsp Chopped Dark Chocolate or Chocolate Chips
- 1/4 tsp Pure Vanilla

Instructions:

- Heat the milk in a small saucepan until it starts to simmer.
Whisk in the cocoa powder and maple syrup
Add the chocolate chips and vanilla.
Whisk and heat until the chocolate is melted and smoothly combined.
- Taste and add more maple syrup if you'd like it sweeter.
 - Pour into a mug, and top with extra chocolate as desired.

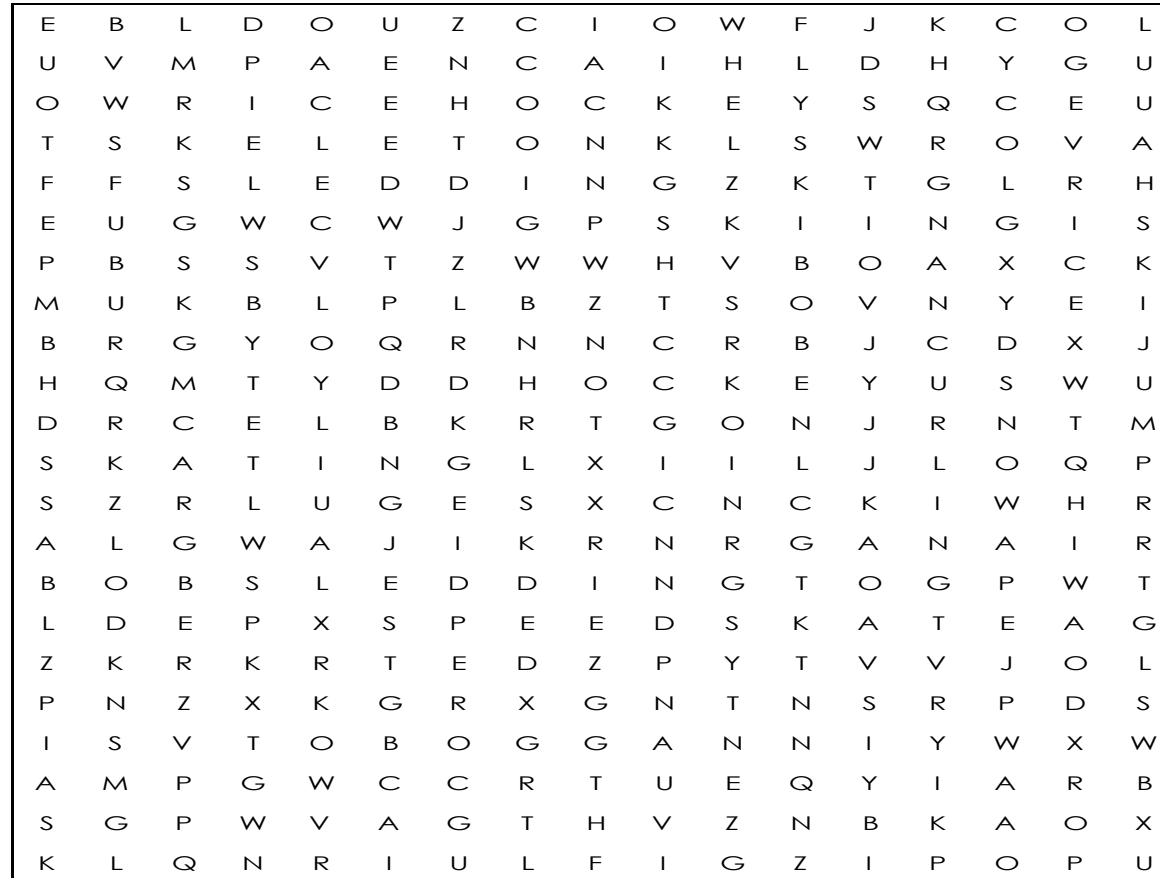
Add-In Ingredients:

- Peanut Butter or Sunflower Butter
- Cinnamon
- Cayenne
- Pumpkin Spice
- Orange Zest
- Peppermint extract
- Chai Tea



Name: _____

Winter Sport Word Search



SKIING

SKATING

SNOW

ICE

TOBOGGAN

SLEDDING

SKIBOB

ICE HOCKEY

CURLING

LUGE

SKI JUMP

BOBSLEDDING

HOCKEY

SKELETON

SPEED SKATE



© Monsterwordsearch.com

Novice





How To Make The Most of Your Christmas Break

By Jayme Ingram

We all look forward to Christmas every year for so many reasons, one of which being the time off from work and a chance to catch up on some much-needed rest and relaxation. However, if you aren't too careful, the break can quickly become filled with shopping, doctor appointments, house cleaning, oil changes, and many other not so fun adulting activities that are hard to complete during a typical teaching week. So, let's talk relaxation tips to benefit your mental health and how to make the most of your Christmas break!

DON'T PULL YOURSELF TOO THIN

It's easy to try to do everything you possibly can at this time of year. It suddenly feels like Christmas is right around the corner and we still have so much we want to do! As much as the things we want to do are fun, it can still be stressful to try and cram everything in. So, it's important to know your limits and stop when it all gets too much!

TAKE SOME TIME TO ENJOY A BOOK (or a hobby you love)

Alongside with not setting yourself too much to do, make sure to take time to do the things you really love. Pick up a book and enjoy some reading time with zero guilt attached to it. The beauty of Christmas is it is so widely celebrated and no one is expecting things from you, so you really can enjoy the time guilt free. It's a time for a break if you're able.

REFLECT ON THE YEAR JUST GONE

As we say goodbye to the year and enter into a new one, I find it quite restful to look back on the year and reflect on it positively. It's easy to focus on the negatives, especially after such a strange year, but I find great strength in being able to look back on the good and know what I want to take forward with me into the new year.



SET SOME GOALS FOR THE YEAR AHEAD

When my life feels tidy and organized, so does my brain. I find it very calming to plan out things, such as goals, and know I have everything written down in one place. I know it's typical to start a new year feeling motivated for all you can achieve, but I really do like to start of with realistic goals I'd like to see from the new year. This year I started it determined to read more and enjoy more of what I read and I've done just that!

DO THAT THING YOU'VE BEEN MEANING TO DO ALL YEAR

With only a few days of the year remaining, there's not long to tick off those things you've been wanting to get done all year, within reason as we're obviously still very restricted at the moment. But try not to enter the new year with any regrets or excuses holding you back. Get the most out of this year before it ends and we're into the start of another one.

NURTURE RELATIONSHIPS

Maintaining relationships can be a struggle working as a full-time teacher. During the school year, our schedule is often very busy, and does not allow for a lot of time to connect with friends and extended family. The winter break is an opportunity to visit friends and family outside of school.





Bingo

Winter Break Edition

Build a Snowman 	Watch a Christmas Movie 	Bake Gingerbread Cookies 	Wrap Presents 	Listen to Christmas Music
Look at Christmas Lights	Donate old Toys 	Make Snow Angels	Read a Christmas Story	Visit Santa 
Serve someone in need	Decorate Tree 	Season's Greetings 	Make a Christmas List	Make Reindeer Food 
Eat a Candy Cane 	Go Sledding	Write a Letter to Your Elf 	Drink Hot Cocoa	Wear Christmas Jammies
Make a Paper Snowflake	Make a Christmas Card	Sing Christmas Carols	Visit Family 	Make an Ornament 



Self Care:

Creating a Vision Board

By Kim Bjorkman

Vision boards help to reinforce your goals and intentions, which helps you stay focused and motivated with your personal vision. Vision boards are a powerful tool for manifesting success and personal growth.

SET YOUR GOALS - Before gathering materials for your vision board, think about what your goals are in various parts of your life such as career, relationships, health, financially, and/or personal growth. Choose what is most important to you. You can choose to work on one goal or several. You can choose goals to accomplish within a few months or before the year ends.

BE SPECIFIC – Use words and images that represent your goal vividly. If your goal is to travel, include pictures of your desired destinations.

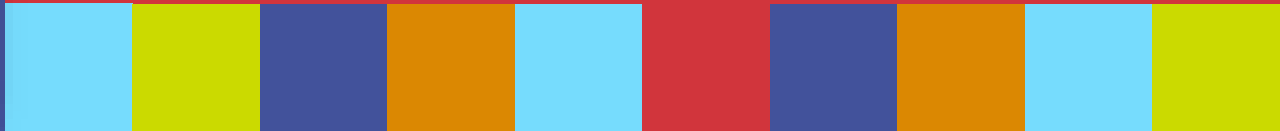
USE AFFIRMATIONS – Include positive statements that will help you work towards your goals. If one goal is to practice more kindness, perhaps a quote such as “Throw kindness around like confetti” will find a place on your board.

GET CREATIVE – Use colors, stickers, drawings, magazine pictures, or other decorative elements that will make your board appealing to you. Hang it in a place where you will see it every day and be inspired.

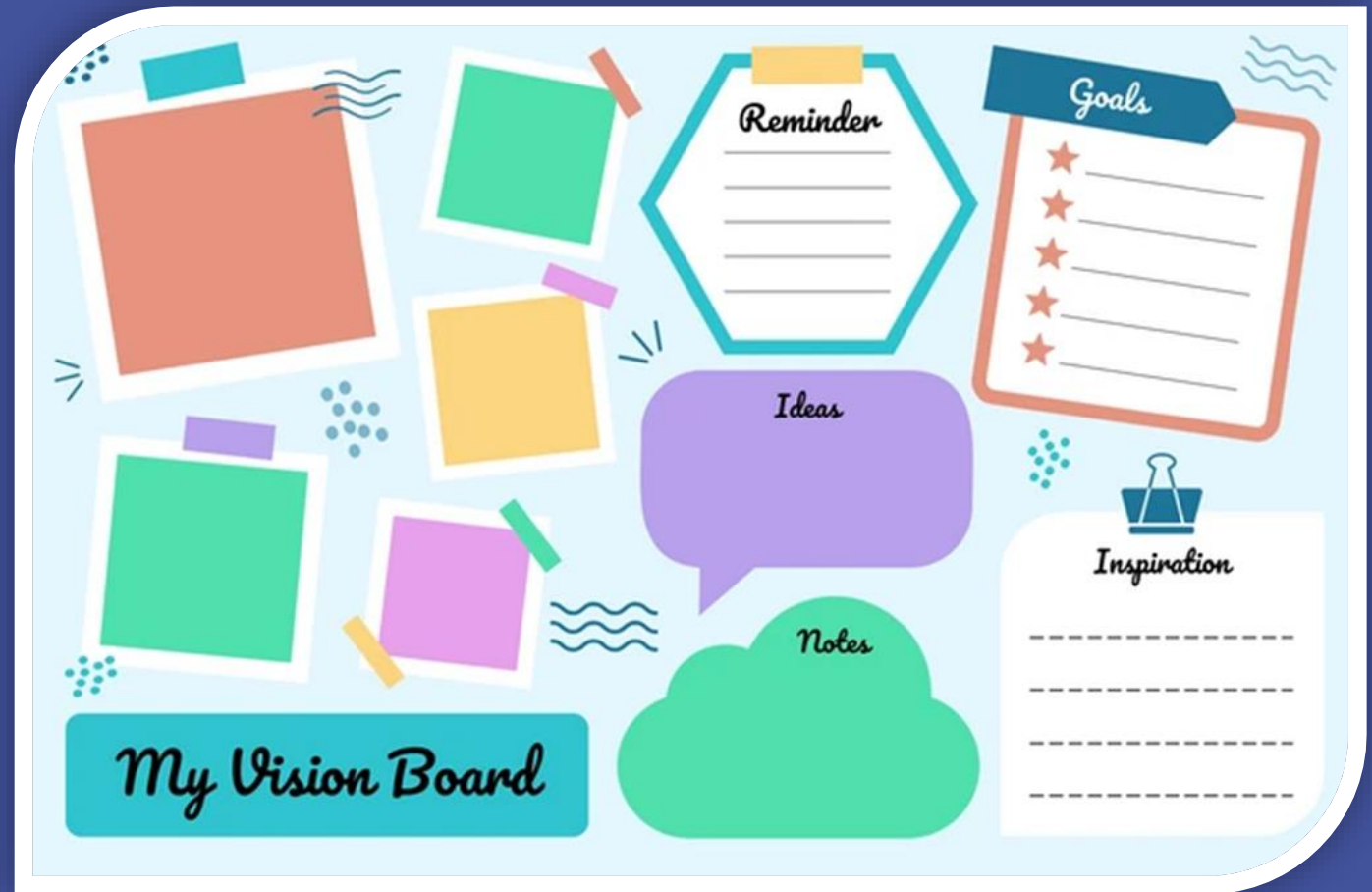
Visions boards come in many different styles! The most popular style is poster board, some use a banner style with photos clipped to ribbon, or perhaps you would prefer to create yours online or by using a phone app to create their vision board. Find what works best for you.



1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26



Vision Board Template Ideas to Get you Started



NEW YEARS
worksheet

new years resolution:

THIS YEAR I WILL TRY: _____

I WILL DO MORE OF: _____

I WILL DO LESS: _____

MY PRIORITIES: _____

My New Year's Resolutions!

This year I really want to:

I really need to:

I want to be better at:

I want to learn how to:

Signed: _____

this year's resolutions

THIS YEAR I WILL

Start a new habit:

Read a good book:

Learn a new skill:

Go on a visit to:

Break a bad habit:

Look forward to:

Try something new:

A vision board can be for everyone in the family. Perhaps for the younger members it would be easier to come up with some New Year's resolutions instead.

Snowflake Trees

By Nicole Delong



Supplies:

- Cardstock
- Tape
- Wooden spools, I used 5/8" x 3/4" and 3/4" x 1" sizes
- 3/16" wooden dowel (or size to fit in the holes on your spools)
- Hot glue

Tools:

- Printer (if using my template)
- Paper scissors
- Hot glue gun

1. Download and print out the [snowflake template](#) on cardstock. One page is enough to make one four layer tree.

2. Cut out the half snowflakes. I have added an extra piece on the straight side for overlapping. I found it looked neatest if I found the middle and cut off half the overlap band. Fold that band in.

3. Bend the half snowflakes into cones and tape together on the inside. Don't worry too much about the tips of the cones being perfect because you will be cutting them off, EXCEPT for the smallest one of the tree.

4. Layout the cones the distance you will have them on the tree. Measure that length. The length plus the height of the spool and the amount of trunk you want will be the length of dowel you need to cut. My dowel was skinny enough to cut easily with scissors, you may need to use a saw for thicker trunks.

5. Insert the dowel into the hole in the spool. Mine stuck in firmly, but if yours is a little loose glue it in place.

6. Snip the tip off the cones that will be the lower layers of your trees just big enough to fit snugly on the dowel. Mark where you want your layers, add a bead of hot glue and glue the layers in place one by one. I put glue on before I slide the layers on for the final time and then on top after they were in place.

7. For the top of the tree, put a good amount of glue inside the tip of the smallest cone and place on the top of the dowel.

Use two, three or four cones for different size and shape trees.



[snowflake template](#)

Why is the snow white?



Find out why in this awesome Mystery Doug video. After the video you can create your own snowflake using wax paper and glue. Have fun creating your very own winter wonderland! Just click the link below.

<https://mysteryscience.com/trending/mystery-3/light-materials-color/164?code=Mzc2ODQ3NjQw&t=student&chapter=all>

Foundations for Positive Mental Health – Part II: What Does a Growth Mindset Look Like?

By Brenda Raught

A growth mindset indicates positive mental health. What exactly *is* mental health? One's psychological, emotional, and even social health are involved. In turn, one's mental health is involved in how stress is handled, how one relates to others, and what choices are made. Every age, from very young to the elderly, is affected by the positives and negatives of mental health.

Some reminders shared on www.cdc.gov/mentalhealth/learn are:

- Mental health is as important as physical health and are closely linked.
- Mental health problems are real and deserve to be treated.
- It's not a person's fault if he or she has a mental health problem.
- Mental health problems are not a sign of weakness. They are not something that you can “just snap out of” - even if you try.
- Whether you're male or female, it's OK to ask for help and get it.
- There's hope. People improve and recover with the help of treatment, and they are able to enjoy happier and healthier lives.

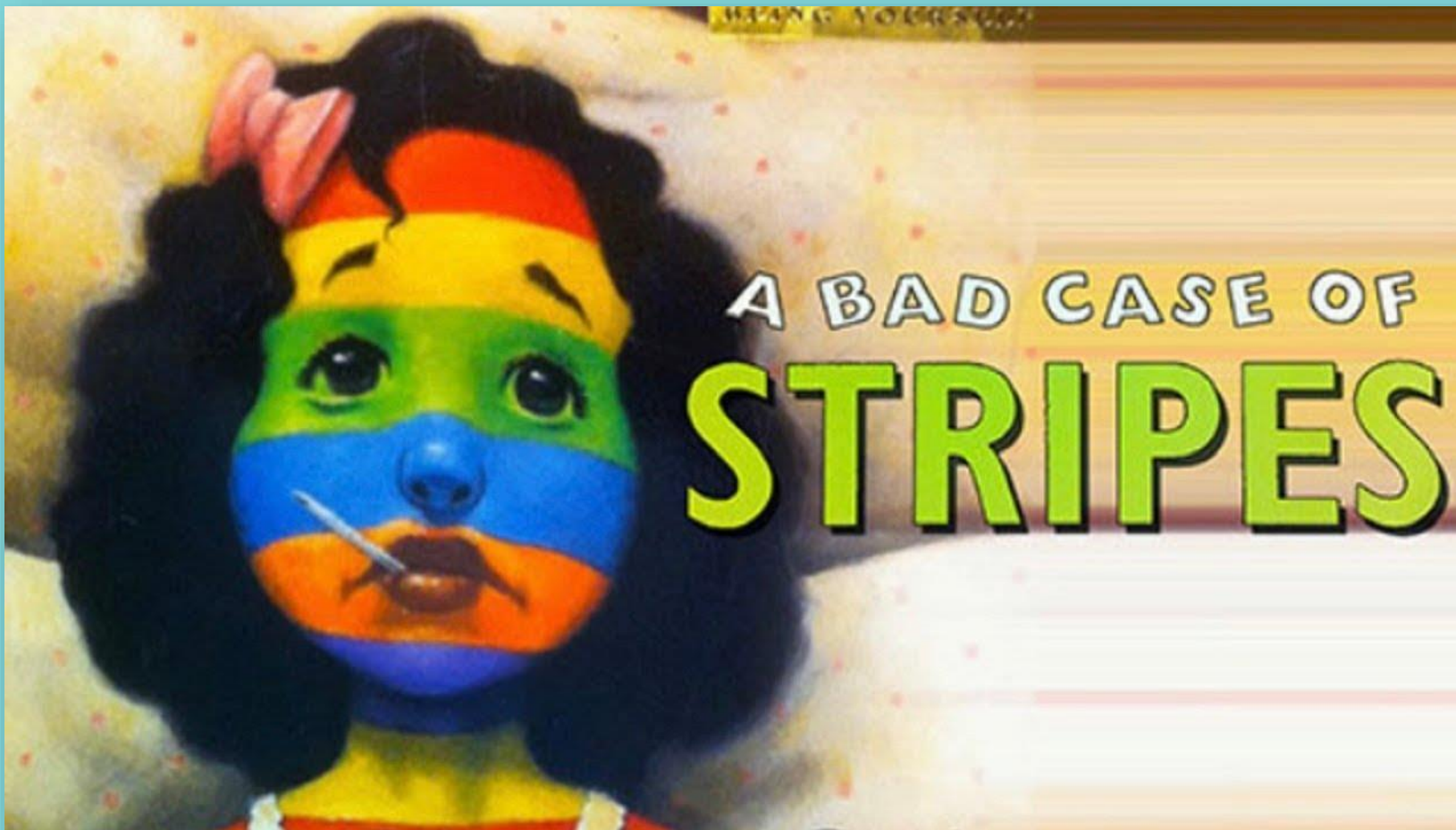




So, what are some of the signs of a positive growth mindset? In the magazine *Psychology Today* (2024) Growth Mindset. T. Robertson wrote an article entitled “Growth Mindset” in which he listed some indicators.

1. Knowing that intelligence and abilities can be developed and improved.
2. Believing that failure is an opportunity to learn and grow.
3. Having a positive attitude and being open to feedback and criticism.
4. Seeing effort as a path to success.
5. Being open to new ideas and approaches.
6. Viewing challenges as opportunities for growth.
7. Taking risks and embracing mistakes as part of the learning process.
8. Being resilient and persistent in the face of difficulty.
9. Being motivated by a desire to learn and improve.

Think about how your life and family could improve if these principles were adopted! As you think about the list above, note that you already practice one or more of them. Next, choose 1 or 2 to begin adopting. Baby steps help create habits that can improve your quality of life and increase a growth mindset.



Here's a fun book that tells of a girl who learns a lesson about having a positive mindset, A Bad Case of Stripes, by David Shannon.

<https://youtu.be/QqnChSV2mdM?si=GzCTUgBxtke-pWgz>

Creamy Mushroom Tortellini Soup

By Jenna Schray



A delightful and filling vegetarian soup, Creamy Mushroom Tortellini Soup is a hearty, crave-worthy meal. Filled with umami mushrooms, cheese tortellini, and herbs and spices in a smooth and savory broth, this soup is the perfect addition to your Meatless Monday line-up.

Prep Time- 10minutes mins

Cook Time- 40minutes mins

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, sliced into thin, short slivers
- 8 ounces sliced mushrooms
- 2 tablespoons tomato paste
- 1 teaspoon Italian herb blend
- 1/2 teaspoon smoked paprika
- 2 tablespoons all-purpose flour
- 30 ounces vegetable or mushroom broth
- 1 teaspoon Mushroom Better Than Bouillon (optional, see notes)
- 9 ounces fresh, refrigerated tortellini
- 1/3 cup heavy cream
- 1/4 cup finely grated parmesan
- 4 ounces baby spinach, thinly sliced
- 2 teaspoons balsamic vinegar
- Kosher salt
- Freshly ground black pepper

Instructions

- Heat olive oil in a 4qt Dutch oven or soup pot over medium until the surface shimmers.
- Add the onions and sauté for 8 minutes, stirring often. If the onions cook too quickly and begin to brown, reduce heat and keep stirring. They should be very soft and on the verge of turning golden, but not burning.
- Add the mushrooms and sauté until they release their liquids, 8 to 10 minutes. Cover the pot to help speed things along.
- Scoot the onions and mushrooms to one side, and to the cleared side pour in one quick glug of oil and add the tomato paste, smoked paprika and Italian herbs. Stir the paste and herbs together until fragrant, then mix into the onion mixture.
- Sprinkle the flour over the mixture and stir. Everything should become very thick. If too thick to stir, add a splash of the broth. Cook for a minute or two to eliminate the rawness of the flour.
- Pour in the broth, plus the bouillon, if using. Raise the heat to medium-high and bring the soup to a light boil. Let simmer for 5 minutes.
- Add the fresh tortellini, maintaining the soup at a simmer. Let cook according to the package directions (about 5 minutes).
- Add the heavy cream, Parmesan, and spinach. Stir until the spinach wilts.
- Stir in the balsamic vinegar, and taste the soup broth. Add salt as necessary (you probably won't need much, if at all, if you used the bouillon).
- Season the soup with black pepper before serving, with extra parm on the side.

EASY “ENOUGH FOR THE KIDDO” CONFETTI COOKIES

By Jenna Schray



INGREDIENTS

2 large eggs
1/2 cup vegetable oil
1 (15.25-ounce) package Funfetti cake mix
1 cup rainbow sprinkles (optional)

1. Arrange 2 racks to divide the oven into thirds and heat to 350°F. Line 2 baking sheets with parchment paper.
2. Place the eggs and vegetable oil in a large bowl and whisk until combined. Use a fine-mesh strainer to sift the cake mix into the egg mixture to break up any large lumps. Pour the sprinkles that do not pass through the strainer into the bowl with all the other ingredients. Using a spatula, stir until all of the dry ingredients are moistened and a dough forms.
3. Pour the sprinkles into a shallow bowl. Scoop the dough into 2 tablespoon portions and form into balls. Toss the balls gently in the sprinkles until completely and generously coated. Arrange on the baking sheets, spacing them evenly apart, 9 cookies per baking sheet.
4. Bake until the cookies are set and the edges are slightly browned, 10 to 15 minutes. Let the cookies cool on the baking sheets for 2 minutes. Transfer the cookies to wire racks and let cool completely.

10 Healthy Choices to Make During the Remainder of the Holidays. Try Including at Least One Each Day Between Now and New Year's!

by Melissa Tollen

1. Make time for a little exercise.

You don't need a gym membership or personal trainer to work on fitness. Simply walking for 15 to 30 minutes a day is a great way to get started. Lamar has great places to walk, including the Lamar Loop, Willow Creek Park and North Gateway Park, which is a 1.8-mile stretch around the ponds.

2. Save your calories for the good stuff.

If you know you'll be indulging at a holiday party, eat lightly the rest of the day.

3. Drink extra water.

Be intentional about drinking water throughout the day, and drink a full glass of water in between higher-calorie beverages. This will help keep you hydrated as well as feeling satisfied.

4. Add a serving of veggies.

Instead of thinking you have to skip a special food, enjoy the special food but also add a generous serving of veggies to your plate. The veggies will help fill you up and add needed nutrition.

5. Eat a healthy breakfast, like oatmeal or eggs.

Studies show that most people who maintain a healthy weight eat breakfast.

6. Move more.

If you're sitting at a family gathering or watching TV during the dark winter evenings, challenge yourself to get up and move around for 10 minutes or so every hour.

7. Take a small plate.

If you're at a holiday gathering with a buffet or snack table, use a small plate instead of a large plate. You may be surprised at how little food it actually takes for you to feel satisfied.

8. Prioritize sleep.

Healthy sleep is critical to overall wellbeing and affects thinking, mood, mental health, and cardiovascular and metabolic health.

9. Wait a few minutes in between helpings.

If you've eaten a portion of a special food and immediately want more, try waiting five or 10 minutes before reaching for seconds. It takes your brain time to tell you you're full.

10. Indulge in connection.

The best thing about holiday socializing is spending quality time with friends and family. Think about indulging in conversation and connection with your loved ones instead of too many rich foods and drinks.

"Holiday celebrations often involve a lot of socializing and indulging in special foods, but it's possible to make healthy choices too,". Incorporating just one healthy habit each day isn't difficult. The best part is that by starting to build these smart habits now, it will be even easier to maintain them once January arrives."





Nutritional Activities and Tips for Kids During Christmas

By Melissa Tollen

- Involve kids in meal preparation:** Kids can learn about healthy substitutions and develop skills that can be used later in life. For example, they can set the table, prepare salads, or help cook their favorite dishes.
- Create healthy snacks:** Give kids a list of healthy ingredients and challenge them to create a tasty snack. Have them explain why their snack is a good choice for their health.
- Make healthy holiday food art:** Holiday food art can introduce kids to new healthy foods.
- Stay hydrated:** Make sure kids drink plenty of water, especially if they're eating sugary treats. You can make it fun by infusing water with festive fruits.
- Avoid late-night snacking:** Try to keep at least two hours between food and sleep.
- Be a role model:** Eat healthy yourself.
- Choose healthy foods:** Serve a variety of healthy foods and snacks, such as fruits, vegetables, lean meats, and dairy.
- Add physical activity:** Plan a family activity, like a backyard football game or a visit to the park.



We hope you enjoyed the newsletter!



The Wellness Committee