



DAVID DOUGLAS WELLNESS

David Douglas School District
— WELLNESS —

HAPPY Newsletter

May 2018

Wellness starts with saying YES!

Kim Tucker and Melissa Cantwell have said YES to wellness, collaboration and sharing their wellness activities with students at Floyd Light Middle School and beyond. Melissa has been an avid snowboarder since college and before she came to Floyd Light was a chaperone for the CHILL Program. CHILL is a non-profit organization through Burton Snowboard that aims to empower at-risk youth through learning board sports (skateboarding, snowboarding, surfing and stand-up paddle boarding). When Melissa learned SUN would be partnering with CHILL she immediately volunteered as a chaperone and began recruiting a second chaperone. Melissa says "Being a chaperone with CHILL allows me to share my love of snowboarding with students in my school. I love the connections that I develop with kids and watching them go on a chairlift for the first time is the best." Melissa approached Kim to be the second chaperone for CHILL after their collaboration on SLP-B students. Kim says, "I said ABSOLUTELY to chaperoning CHILL because it was an opportunity to learn a new sport while making new friends, and bonding with students over something challenging."

After four years of chaperoning CHILL together Kim wanted more. Having previously been a Running Buddy with Girls on the Run team Kim felt that it was a program that would help students at Floyd Light. Girls on the Run's Middle School program Heart and Sole empowers girls through running with lessons specific to the needs of Middle School girls. The girls are training for a 5K in May. Kim says, "I had such a positive experience as a running buddy! The girls both inspired and encouraged each other to set and meet fitness goals. They formed healthy relationships with each other and learned self acceptance. Their enthusiasm was contagious!" When she approached Melissa to be a co-coach the answer was yes. "Kim and I have run races together, we run on Floyd Light's Hood to Coast team. Coaching Girls on the Run was a great opportunity and I had to say Yes" Melissa stated.

Snowboarding and Running can both be "fun-comfortable" (having fun but it is outside your comfort zone) but every minute is worth it. Kim and Melissa have a great time hanging out with each other and enjoy spending time with students outside of the classroom. It has definitely made work seem not so much like work on many days! The added bonus is that they have regularly scheduled, built in workout routine for most of the year that includes support and encouragement!



In This Issue

- Healthy Eating p2
- App of the Month p2
- Wellness at the High School p3
- Teacher Wellness in the Classroom p4

Healthy Eating

Tuna Burgers with Carrot-Ginger Sauce

Makes 4 burgers

Ingredients

For the Sauce:

- 1 small carrot, roughly chopped
- 1 1/2-inch piece ginger, peeled
- 2 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon low-sodium soy sauce
- Pinch of sugar
- Kosher salt and freshly ground pepper

For the Burgers:

- 1 pound sushi-grade tuna
- 2 tablespoons plus 1 teaspoon extra-virgin olive oil
- 2 tablespoons low-sodium soy sauce
- Juice of 1/2 lime
- 1/4 cup chopped fresh cilantro
- 1 tablespoon grated fresh ginger
- Kosher salt and freshly ground pepper
- 1 cup spicy sprouts, for garnish
- 4 whole-grain hamburger buns
- 1/2 avocado, sliced

Directions

Prepare the sauce: Pulse the carrot and ginger in a food processor until finely chopped. Add the vinegar, sesame oil, soy sauce and sugar and process until smooth. Drizzle in 2 tablespoons water and combine; season with salt and pepper. Transfer the sauce to a bowl and set aside.

Prepare the burgers: Chop the tuna into chunks. Wipe out the food processor and add the tuna; pulse a few times to break up the pieces. In a bowl, mix 2 tablespoons olive oil, the soy sauce, lime juice, cilantro and ginger; season with salt and pepper. Pour over the tuna and process until well blended. Form into 4 patties; brush each lightly with the remaining 1 teaspoon olive oil. Preheat a grill or grill pan. Once hot, add the burgers and cook for 2 minutes on each side for rare, or to desired doneness.

Toss the sprouts in the carrot-ginger sauce. Place the burgers on buns and top with avocado and sprouts.

<https://www.foodnetwork.com/recipes/tyler-florence/tuna-burgers-with-carrot-ginger-sauce-recipe-1972728>



App of the Month

ShopWell lets your food do the talking.

The free SHOPWELL app tells you what's in the food you're buying at the grocery store and offers suggestions of new foods to try that fit with your lifestyle.

Simply scan any item in the grocery store and we'll give you all of the information about that product. Create a profile with your food interests, and we'll suggest similar products that best match your interests right in the store you're standing in. It's that easy. Our personalized results are free, and real-time, fun way to discover new foods.

Features:

- Lightning fast bar code scanner to INSTANTLY find the ingredients in about 400,000 foods.
- Best-in-class, personalized food recommendations.
- Location awareness to find products in your local grocery store.
- Apple Health Kit integration for personalized nutrition labels.
- NEW! Buy recommended foods right from the app with our easy mobile shopping feature.

We help your food do the talking by offering alerts and support for food allergies and food goals.



Shout Out

We had 3 teachers present a session at the Oregon School Employee Wellness Conference in Bend over Spring Break. Joanne Maki, Jordan Ng, and Jon Archer shared our experiences here in the district regarding wellness and how to start a new wellness program. They did an amazing job!

We also would like to thank those people that took time from their spring break to join the conference and work on wellness for our employees and students. Thank you Non-glack Dodson, Melissa Cantwell, Trevor DeVault, Dena Henry, Michael Darnell, Meagan Lutu, Caitlin Ludlow, Michelle Wood, and Barb Kienle. We had all 3 levels represented as well as 8 different sites, it was a great experience!

HIGHLIGHTING WELLNESS AT THE HIGH SCHOOL

The primary goal our wellness team this year was mental and emotional wellness by encouraging self-care and connectedness as a community.

We started the year with encouraging staff to make a #OneSmallThing goal for themselves and the recent 30-days to a healthy habit challenge was a great reboot for that challenge. We have 42 names on our star charts with goals ranging from walking to drinking more water to no sugar to meditation. Having the star chart by my desk has been hugely encouraging to me as I get to celebrate with each person as they come to add stars and it's created a sense of community as we achieve our goals together. At least one staff member admitted that they were able to resist eating sweets over the weekend because they knew I would be asking. And there's a handful of us enjoying our new "water club" as we take our bottles to the fountain together to fill up each day.

Another aspect of creating connections has been partnering with the hospitality committee to start up a "Secret Pal" program this spring. We set up a survey to create a list of favorites that any staff member can access to be able to reach out and give a meaningful gift to a colleague. A few dozen of us are participating in Secret Pals to anonymously surprise a random pal with treats, fun little gifts, and notes of encouragement.

A quick shout out to Debbie and Felisha in the attendance office who re-decorated this year which really brightened up their space to benefit their own mental wellness (as well as making a more welcoming office for families).

Finally, at the last faculty meeting our wellness team distributed blank note paper and encouraged each staff member to write a thank you to a colleague. In the midst of some particularly stressful weeks of late, it's been refreshing to have these nuggets of uplift and connection.



Teacher Wellness in the Classroom

Simple ways for teachers to reduce stress while in the classroom

Contributed by the OT Department

Lighting: Dim the classroom lights. Use natural or indirect lighting whenever possible. This is calming to both teachers and students

Water: *Water bottle challenge-class (including you) challenge to drink one or more water bottles worth of water during school day...this will help keep you healthy!*

Music: playing instrumental or nature music can help to calm and organize the body and mind. It helps to connect both sides of the brain and activates many parts of the brain.

Practice Mindfulness with your students: there are many 1-5 minute mindfulness activities available on the internet. Practicing mindfulness will improve teacher focus, awareness, responsiveness to student needs, improved mental well-being.

Incorporate Movement: physical activity improves cognition and helps to keep you going all day long. Try walking throughout the room as you teach, participate in those GoNoodle and brain breaks, take a quick walk on your lunch break, march in place with your students as you teach, pair simple movements for you and your students with your teaching

Happy teachers strive for better! Better for themselves, better for their students. With this comes risk taking!

Get Outside: Is the sun shining or the sky clear of rain? Go sit on the grass to teach your lesson-it will improve your mental health and add a fun twist to the day.

Stretch! Believe it or not, low back pain affects 60-80% of adults sometime in their lives. Back pain symptoms are among the 10 leading reasons for visits to the ER, outpatient or doctor's office. Stretching will reduce your risk of back pain and reduce stress. This can include simple stretching as a class brain break, a yoga pose or GoNoodle that includes stretching

Breathing: Practice deep breathing each time you feel yourself becoming tense. This can be as simple as several deep breaths. If you notice your class becoming escalated, engage in a whole class deep breathing exercise, such as volcano breaths, belly breathing and more!

Taking care of you will lead to a happier YOU and happier CLASS!

Do you have ideas for an upcoming newsletter?

An app you use everyday ? A favorite healthy recipe? A great relaxation technique to share with your co-workers?

Please submit ideas to:
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