



DAVID DOUGLAS WELLNESS

David Douglas School District
— WELLNESS —

HAPPY Newsletter

October 2017

WELCOME BACK!!!

We kicked off our 2017-2018 school year in a new way and even though it was a hot one it was fantastic! Food, games, prizes and massages were a wonderful way to get us started!!



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Healthy Eating

Vegetarian Pad Thai with Zoodles

The school year has begun and we all need quick meals. This Pad Thai is a great “one-pan” meal that is ready quickly and packed with nutrients!

A healthy and delicious vegetarian pad Thai recipe with zoodles. Full of flavor, low carb, and ready in just 30 minutes!

Yield: 2 servings

Prep Time: 20 minutes

Cook Time: 5 minutes

Total Time: 25 minutes

Ingredients:

- 2 tablespoons fish sauce
- 1 1/2 tablespoons rice vinegar
- 1 tablespoon low-sodium soy sauce (or tamari to make gluten free)
- 1 tablespoon honey
- 1–3 teaspoons chili garlic sauce, Sriracha, or hot sauce of choice
- 2 medium zucchini
- 1 teaspoon extra-virgin olive oil, divided
- 2 cloves garlic
- 2 large eggs
- 1 cup bean sprouts
- 1 cup grated carrots (grated with a boxed grater or food processor, or swap prebagged, julienned carrots)
- 1/2 cup shelled edamame
- 2 large or 3 small green onions, finely chopped
- 1/4 cup finely chopped peanuts
- 1/4 cup chopped fresh cilantro
- Lime wedges, for serving
- Additional hot sauce, for serving

Directions:

1. In a small bowl, stir together the sauce ingredients: fish sauce, rice vinegar, soy sauce, honey, and 1 teaspoon chili garlic sauce. If you prefer a sweeter pad Thai, add additional honey. For spicier, add additional chili paste.
2. With a spiralizer, cut the zucchini into zoodles. If you don't have a spiralizer, you can cut the zucchini into ribbons using a vegetable peeler. Set aside.
3. Heat 1 teaspoon of oil in a large nonstick skillet or wok over medium high. Add the garlic, then crack the eggs directly into the skillet. Break apart the yolk with the spatula and let cook for 30 seconds, until just beginning to set. Add the noodles and sauce and stir to coat. Next, add the bean sprouts, carrots, edamame, and chopped green onions and let cook until the bean sprouts are crisp-tender, about 1 minute. Sprinkle on the peanuts and cilantro. Serve immediately with lime wedges and additional hot sauce as desired.

• Because zucchini noodles soften when reheated, this recipe is best enjoyed the day it is made, but it can last in the refrigerator for 1 to 2 days.

• To make vegan pad Thai: Use maple syrup or light agave in place of the honey; replace the fish sauce with soy sauce or tamari, and omit the eggs or substitute them for extra edamame.

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App of the Month

Cozi Family Organizer

Stay organized and reduce your stress with Cozi Family Organizer. Cozi is the must-have organizer for families. It helps coordinate and communicate everyone's schedules and activities, track grocery lists, manage to do lists, plan ahead for dinner, and keep the whole family on the same page.



SHOUT OUTS

Big shout out to our Let's Move Active Schools National Award winners! This award is the nation's top physical education and physical activity distinction in K-12 schools. Congratulations to our Bronze award winners, Earl Boyles, Fir Ridge, Lincoln Park, Menlo Park, and West Powellhurst! In addition we had two schools win the silver award, Floyd Light and Ron Russell. Thanks for keeping our students and staff healthy and happy!!

We also want to send a big shout out to our district for partnering with 24 Hour Fitness to help our staff reach their fitness goals. The district has paid the initiation fee on a month to month, 1 year commitment, all sport club membership. THANK YOU!! See your building wellness rep or call the Mall 205 24 Hour Fitness (503-252-2447) for more information.

Is Your Stress Management Impacting Your Classroom Management?

Jon Archer, Health Educator, David Douglas High School

We all have stress! From the pressure to plan stellar lessons to the aim of reaching every student to managing a classroom full of diverse learners, stress comes in many forms! And stress is not only a response to our jobs, it also affects how well we actually do our jobs, and how well students do in our classrooms!

A 2016 study from the University of British Columbia found that student stress has the potential to be passed on to peers and to teachers. A soon-to-be-published study from the University of Groningen in the Netherlands found that teachers with higher levels of stress when the school year started had several negative results throughout the entire year, including less effective classroom management, less clear instruction, a lower sense of safety, and a less stimulating classroom environment than teachers with lower stress levels at the start of the year.

We all have stress! The great thing about dealing with stress is that there are plenty of options, and you can find something that fits you well. You just have to be willing to try new things and prioritize the time to take care of yourself.

Time Out - take a break from the stress or, spend time on something you love

- Take a nap
- Listen to music
- Talk on the phone
- Go for a walk
- Find a calming place
- Breathe deeply and slowly
- Take a weekend away
- Journal to process
- Doodle to decompress
- Read to relax

Reach Out - connect with other people, and gain fuel from the positive experience

- Call a friend
- Talk with a mentor
- Spend time with family
- Ask to be observed with feedback
- Have lunch with a friend
- Find a counselor
- Help someone with a project
- Volunteer in the community

Work Out - get up and get active, relieve tension and release neurochemicals

- Jog the track
- Lift weights
- Play tennis
- Jump rope
- Dance
- Swim
- Ride a bike
- Go for a hike

Get out and around Portland

Warrior Dash 5k

October 7th

The obstacle course race that anyone can start and everyone can finish! Registration available at the event. \$100

<https://warriordash.com/location/2017-warrior-dash-oregon/>

Portland Marathon and Health Fair

October 8th

Run the 46th Portland Marathon through beautiful downtown and north Portland.

Pre-registration required. \$145.

<http://portlandmarathon.org/>

Thrill the World Portland

October 28th 3pm

Dance to Michael Jackson's Thriller! \$5 donation goes to KBOO and Portland Tenants United.

<https://www.facebook.com/thrilltheworld.portland/>

Financial Wellness

What is financial wellness and how can you achieve it? Financial wellness is holistic and defined by health, not wealth. It is important to remember that the goal of financial wellness programs is to improve the overall financial health of a person. Below you will find 5 components of financial wellness that individuals can focus on to be financially healthier.=

1. **Spending:** To be financially well, an individual must have an understanding of their spending, including what they are spending their money on, groceries, clothing, coffee shops, and how much they are spending. Most importantly, an individual must spend less than they earn so they are able to set aside money to reach their financial goals.
2. **Emergencies** Planning for emergencies is a key component of financial wellness. Personal finance experts across the country recommend 3-5 months of income saved in a separate account for financial emergencies. Without sufficient emergency savings it is very difficult to be financial well as any unforeseen event can undo all the positive financial behaviors of an individual's past.
3. **Guidance:** Guidance is the most important component of financial wellness. With so many products and services in the marketplace designed to separate an individual from their money, we all need an independent and trustworthy source of information to guide us toward the right decisions.
4. **Benefits:** To be financially well individuals must understand their benefits and be able to maximize the benefit they receive from the packages they are offered.
5. **Investments:** In order to build wealth individuals must find long-term investments and diversify their portfolios. Knowing what to invest in and what to avoid has become a multi-billion dollar industry; however, it can be difficult to know whom to trust. To be successful, an individual must understand how to invest their money.

When individuals can address and conquer all of these elements they can consider themselves to be on the path to financial wellness.

<http://hrpost.hellowallet.com/retirement/financial-wellness-5-elements-financial-wellbeing/>



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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Staff received massages at the back to school picnic.