



HEALTH ROCKS!

Slippery Rock Wellness News

SPECIAL POINTS OF INTEREST:

Nutrition Education

Social and Emotional Wellness

Physical Activity

Nurses Corner



Pumpkins...not just for carving!

Nutritionally speaking, pumpkins pack a punch! Just ¾ cup of pumpkin puree has 25 calories and it is a good source of fiber, Vitamin C, Vitamin A and potassium. With zero grams of fat, sodium or cholesterol, pumpkin provides plenty of nutrients to power you through your day! Don't have time to prep your own? No worries! Canned pumpkin is available year round and is extremely versatile. Try a few of these ideas:

- ~Mix a few tablespoons into your morning oatmeal
- ~Layer it with low-fat vanilla yogurt for a quick and easy parfait
- ~Blend it into a smoothie with low fat milk, yogurt, cinnamon, nutmeg and cloves
- ~Heat it up and mix with a touch a maple syrup and pumpkin pie spices as a side dish

Creamy Pumpkin Dip

Ingredients

- | | |
|---------------------------------|-------------------------------------|
| 8 oz. 1/3 less fat Cream cheese | 3/4 C 100% Pumpkin Puree |
| 1 tsp Vanilla extract | 1 1/2 tsp. Ground Cinnamon |
| 2 tsp Pumpkin spice | 2 Tbsp. Brown Sugar or Agave Nectar |
| 1/4 C. Applesauce, unsweetened | |

Directions: Blend all ingredients in a blender or food processor until smooth. Enjoy with graham crackers, fruit or as a spread on whole grain toast.

www.fruitsandveggiesmorematters.org

Social and Emotional Wellness

Members of the Slippery Rock High School Wellness club started a kindness campaign last year. The campaign began in hopes of creating a positive school community where kindness was the norm. There are several different ways that the wellness club has set up for students to accomplish this. One is for a student to write an anonymous third party compliment that is then delivered to the recipient during the school day. A blank third party "PASS IT ON" compliment is attached in hopes that the kindness continues to grow.

Students have also placed compliment pull-offs and inspiring quotes throughout the school. They are also working to create a newsletter which will provide information and opportunities to improve well-being.

Club members created the #RockItWithKindness to inspire not only kindness, but wellness as a whole. The hashtag can be used on social media to show Slippery Rock student's efforts in making themselves and their community a better place.

#RockItWithKindness

Resources

Whole School, Whole Community, Whole Child: <https://www.cdc.gov/healthyyouth/wsc/>
 Action for Healthy Kids: www.afhk.org
 USDA Team Nutrition <https://www.fns.usda.gov/tn/team-nutrition>

Physical Activity



*“When In Doubt,
Tell The Truth”*

~Mark Twain

Upcoming Event:

Dashing Through

The Rock –

December 9th

Save the Date:

Wellness Across the

Spectrum—

April 25, 2018

Walk, Don't Run, Your Way To A Healthy Heart

OK, so you're not much into running? Or maybe you've had an injury and can't run. Then just walk — every step you take is part of your journey to good heart health.

In fact, walking briskly can lower your risk of high blood pressure, high cholesterol and diabetes as much as running, according to a new study conducted at Lawrence Berkeley National Laboratory, Life Science Division in Berkeley, Calif. All three conditions are risk factors for heart disease and stroke — and you can do something about them.

Researchers analyzed 33,060 runners in the National Runners' Health Study and 15,045 walkers in the National Walkers' Health Study. They found that the same energy used for moderate-intensity walking and vigorous-intensity running resulted in similar reductions in risk for high blood pressure, high cholesterol, diabetes, and possibly coronary heart disease over the study's six years. The more people walked or ran each week, the more their health benefits increased.

“The findings don't surprise me at all,” said Russell Pate, Ph.D., a professor of exercise science in the Arnold School of Public Health at the University of South Carolina in Columbia. “The findings are consistent with the American Heart Association's recommendations for physical activity in adults that we need 30 minutes of physical activity per day, at least 150 minutes of moderate activity per week or 75 minutes of vigorous activity per week to derive benefits.”

*The above excerpt is from an article updated May 2017 on the American Heart Association website. Visit heart.org to read the rest of the article. While you're there, check out their recommendations for staying active in colder weather!

A Note From the Nurse...

Greetings from the nurse's office! It has been a busy fall for our nurses here at SRASD. Recently we completed all of the mandated health screenings for our district's students. If you received a referral for vision or hearing, please follow up accordingly and contact your school's nurse if you need any assistance. We are glad to help you.

With November upon us, we are headed into cold and flu season! In order to stay healthy, we are teaching our students strategies like handwashing, drinking plenty of fresh water, eating a balanced diet, regularly exercising, and getting lots of restful sleep. These easy steps are our best defense against illness. You can help us by reinforcing these concepts at home as well. “An ounce of prevention is worth a pound of cure!”

Finally, we appreciate your help in preventing the spread of disease by keeping your child home if she or he is sick. Please be mindful of our 24 Hour Rule of Thumb. This means students who are sick may return to school when they have gone 24 hours without a fever (AND without taking fever-reducing medications like Tylenol) or 24 hours without vomiting/diarrhea or 24 hours after initiating antibiotics (this includes eye ointments.) If you have any questions about whether or not to send your child to school, please feel free to call the nurse's office. Together, we can come up with a plan to best meet your child's needs.

Be Well,

Nurse Ru Kara Rubaker, RN, CSN , Area Elementary School Nurse

Fun Fact- “If only one more percent of all Americans would give blood, blood shortages would disappear for the foreseeable future”- fourhearts.org