

# WELLNESS WEDNESDAY

ALTA VISTA ELEMENTARY SCHOOL

OCTOBER 24, 2018



## Be Mindful

### Mindful Eating Behaviors

With so many distractions around us, it is easy to eat without being mindful. Whether it is cell phones and television or eating on the road due to busy schedules, we are often missing opportunities to slow down and experience our food. During the first LiveWell Kids Nutrition lesson of the year, students learned about the importance of mindful eating behaviors including how to use their senses, identifying signs of hunger, avoiding distractions when eating and portion control. Students also participated in a mindful tasting of fruits and vegetables.

### Tips to help your family practice mindful eating at home:

- Disconnect to reconnect: put down all electronics and enjoy a family meal together. Discuss each person's favorite part of their day.
- Use your senses: Slow down and use your

senses to experience your food. What does it look, smell, feel, taste and sound like? Pay attention to the small details, you may discover something new.

- Practice gratitude: take a moment to appreciate the food in front of you. Discuss how the food was grown, harvested and prepared. Share with your family other things that you are grateful for during meal time.

- Recognize hunger signals: it takes 20 minutes for our stomach to communicate with our brain that we are full when eating. Stop eating when you are satisfied rather than when you feel full to avoid overeating.

Remind your child to practice the mindful tasting techniques they learned in their nutrition lessons. Even if they do not want to taste something you serve them, they can use other senses to experience the food. This little extra time of practicing mindfulness may help

them become more willing to try something new.  
-LiveWell Kids Nutrition Program Module 1

## MindUP

MindUP is an evidence-based program grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning. MindUP consists of 15 lessons that are tailored to your child's age group and developmental level. Delivered by our counselor in the classroom, MindUP provides an immersive discovery experience and daily practices to shift a child's perspective, drive positive behavior and improve learning and scholastic performance.

## Blue Zones Recipe of the Week



White Bean Hummus

*This Italian-style puree is served like a condiment- you can serve it on individual small plates with grilled sourdough bread, use it as a spread in your wraps, or take it to your next get-together and serve it as a dip with cut up veggies and toasted pita. It will keep in the refrigerator in a sealed container for up to five days. Move over, avocado toast- white bean hummus is here!*

[CLICK HERE FOR THE RECIPE](#)

## WANTED: Your Wellness Success Stories

We're here to promote the health & well-being (combination of physical, social, intellectual and emotional ) of children and staff so let's set an example and celebrate the successes. Did you just complete your first 5k with your child? Find an amazing Jicama Recipe? Publish in a medical journal? Try a new meditation?

We want to hear from you so we can share your story in our community, create connections, and pass on positivity!

Send a photo and a short 3-5 sentence paragraph on your Wellness Success to Aga ChenFu @ [agachenfu@gmail.com](mailto:agachenfu@gmail.com)

## RUNNING CLUB

RUNNING CLUB AT ALTA VISTA AT 7:45AM EVERY MORNING.  
COME JOIN YOUR FELLOW WILDCATS EVERY MORNING AS THEY EMBARK ON MAINTAINING A HEALTHY LIFESTYLE AND ACHIEVING PERSONAL BEST GOALS.

## Upcoming Events in the Community

### SKECHERS PIER TO PIER FRIENDSHIP WALK 10.28.18

ITS THAT TIME OF YEAR AGAIN! SKECHERS FRIENDSHIP WALK IS SUNDAY, OCTOBER 28TH!! TEAM ALTA VISTA IS CURRENTLY AT 106 WALKERS TOWARDS OUR GOAL OF 650! SIGN UP YOUR FRIENDS, FAMILY, NEIGHBORS, CO-WORKERS AND EVEN YOUR DOG. THIS IS ALSO A GREAT OPPORTUNITY FOR FAMILY MEMBERS AND GRANDPARENTS OUT OF TOWN TO SUPPORT ALTA VISTA. CAN'T BE THERE? NO PROBLEM! SIGN UP AS A VIRTUAL WALKER. IT STILL COUNTS!!!

[CLICK HERE TO REGISTER](#)

### 3RD ANNUAL RBEF MAYORS' CUP GOLF TOURNAMENT 11.5.18 LOS VERDES GOLF CLUB

REGISTRATION AND DRIVING RANGE OPENS AT 9:30 AM  
MEGA PUTT CONTEST AT 11:30 AM AND A SHOTGUN START PROMPTLY AT 11:45 AM.  
BOX LUNCH, DRINKS AND COURSE ACTIVITIES PROVIDED.  
RAFFLE PRIZES AND CASUAL DINNER RECEPTION BEGINNING AT 4:45 PM.  
REGISTRATION FEE FOR A SINGLE GOLFER IS \$150.00 AND FOURSOME IS \$500.00.  
ALL PROCEEDS BENEFIT THE REDONDO BEACH EDUCATIONAL FOUNDATION.

### WATCH D.O.G.S. PIZZA WITH POPS NIGHT 10.30.18

ALTA VISTA WILL BE HOSTING ITS ANNUAL PIZZA WITH POPS NIGHT ON TUESDAY, OCTOBER 30TH FROM 6:00-8:00PM IN THE CAFETERIA. AT THE PIZZA WITH POPS NIGHT, FATHER-FIGURES WILL HAVE A CHANCE TO EAT PIZZA WITH THEIR CHILD AND OTHER FATHER-FIGURES. HEAR MORE ABOUT THE WATCH D.O.G.S. PROGRAM, AND HAVE THE OPPORTUNITY TO SIGN UP FOR THEIR FIRST WATCH D.O.G.S. VISIT.

[CLICK HERE TO RSVP FOR THE EVENT](#)

*"When you realize nothing is lacking,  
the whole world belongs to you."  
-Lao Tzu*