



# Fall 2020 Parent Healthy News




From the RSU #18 Lifestyle Team




October 2<sup>nd</sup> is World Smile Day



*Share a smile with family & friends today.  
Do acts of kindness to spread good will & cheer all year long.*



**The Orange Pinecone Scavenger Hunt**  
October 1 – October 30



Enjoy the many trails connected to the Kennebec Messalonskee Trail System (KMT) during this beautiful fall season with your family. Find the map of the trails at <https://www.kmtrails.com/the-trails/>

Ten (10) painted orange pinecones will be placed on different Kennebec Messalonskee Trails every week. Find the orange pinecone and take a picture with it and where you found it.

**Scavenger Hunt Rules -**

1. One entry per person
2. Pictures must be posted on the KMT Facebook page to be entered to win a \$25.00 Chamber of Commerce Gift Certificate. [www.facebook.com/groups/53932416778](http://www.facebook.com/groups/53932416778)  
Location hints will be posted on the Facebook page
3. Pinecone must be put back where it was found so it can be moved to a new trail each week

Visit the new Fairy Houses in the Fairy House Learning Center on the Messalonskee School Trails created by Sam Fegel for his Eagle Scout Project and highlighted by MMS teacher Amanda Ripa's and her Science class. <https://arcg.is/bfvKa0>



**October is National Farm to School Month**

**Fall Garden Activities:**

- Harvest** - fall crops such as pumpkins, winter squash, kale, Swiss chard, carrots, Brussels sprouts, beets, lettuce, and spinach.
- Plant** - garlic, spring flower bulbs, and perennials.
- Divide** - perennial flowers).
- Mulch** - new perennials and divided plants
- Cover**- raised beds with straw unless a cover crop or winter crop has been planted.
- Clean up** - garden beds, composting non-diseased plant material.
- Turn** - the compost. If you have a 2-3 bin system, turn the compost, one bin to another.
- Plan** - a cooking project using pumpkins, carrots, squash, or other garden produce -Muffins, soups, and roasted seeds are delicious!
- Research** - season extension techniques. Brainstorm about projects for this (and next!) gardening season. *For season extension ideas:*
  - Maine School Garden Network - <http://www.msgn.org/>
  - Maine Cooperative Extension - <https://extension.umaine.edu/programs/>



**The Harvest of the Month  
for October is Apples**

## When it comes to your health, *small steps go far*

Maine Health **Let's Go!** Small Steps program

<https://mainehealth.org/lets-go/>



### **Move More**

it's a great way to improve your health

- Sit less - for every hour that you sit, move for 3 minutes.
- Move for 30 minutes each day. It's ok to break it into small amounts – 10 minutes, 3 times a day.
- Count your minutes – aim to get at least 150 minutes every week.
- Make it fun. Walk with your children, a friend, co-worker or a dog.
- Take the stairs. You can use them in any kind of weather.



### **Eat Real**

foods that come from nature give you energy

- Choose foods in their natural form. Eat less packaged food.
- Check labels and choose foods without sugar in the first 3 ingredients.
- Add fiber. Fill half your plate with vegetables and fruits at every meal.
- Cut down on portions. Serve food on smaller plates.
- Enjoy your food. Eat slowly. Pause before each bite. Stop before you're full.



### **Drink Water**

it's the best choice

- Keep water handy. Carry a refillable bottle.
- Fill up. Drink a glass of water before meals. It will help you eat less.
- Add flavor. Put a fruit wedge in your water.
- Make it easy to remember. Keep a pitcher of water in the refrigerator.
- Limit sugary drinks. Reach for water instead.



### **Rest Up**

good sleep restores your body and mind

- Try to get 7 - 9 hours of sleep every night.
- Go to bed and wake up at the same time every day. You'll sleep better.
- Unplug. Turn off the TV and mobile devices at least one hour before you go to sleep.
- Follow the same bedtime routine every night.
- Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

**RSU 18's Let's Go! 5210 Champions are located at each of our schools.**

### **Grants – Spring & Summer 2020**

**Albertson Companies Foundations** – Shaw's - \$25,000 for the Summer Meals Program- RSU 18 School Nutrition-Barbara Bonnell  
**Full Plates – Full Potential** - \$7,000 - Emergency Funds for School Closings, \$8,000- Summer Meals, \$500 Fall - RSU 18 School Nutrition Program

**Maine Humanities** – MHS – \$1,000 - Sylvia Jadczyk - Library

**Onion Foundation – Author Visit** - MHS – \$500 - Sylvia Jadczyk,, CPS - \$800 –Sonja Boudreau

**Maine Dairy Council** – MMS – Lauralee Fegel - 2 Moo-vable Coolers

**NFL Fuel Up to Play 60** – MMS – Lauralee Fegel & Janet Hutchinson - \$2,600 for Nutrition and Physical activity initiatives

**United Way Community First** – MMS - \$1,000 for the Food Pantry – Kris Croteau , now managed by Alexis Glidden

**Dollar General Foundation – Youth Literacy Grant** – MHS – Sylvia Jadczyk - \$2,000, CPS – Lacey Studholme - \$3,000