Welcome
Amador County Unified School District Wellness Newsletter.
Read on to learn about:
- Monthly Trail Guide
- Healthy Recipe
- Healthy Tip for the Month
- Wellness Challenge
- Harvest of the Month

Seven Ways Mindfulness Can Help Teachers
Mindfulness – the ability to stay focused on one’s present experience with nonjudgmental awareness – can help us to promote the calm, relaxed, but enlivened classroom environment that children need to learn. Here are some the many ways that mindfulness can help us be better teachers.

1. Mindfulness helps teachers understand our own emotions better.
2. Mindfulness helps us communicate more effectively with students.
3. Mindfulness helps us manage students we find difficult.
4. Mindfulness helps us set up a positive learning environment.
5. Mindfulness helps strengthen our relationship with students.
6. Mindfulness helps us slow down when we need to.
7. Mindfulness helps us build community.


Monthly Fitness Challenge
April 15th – May 12th
This challenge focuses on increasing wellness throughout the week. Participants check off activities each day.
All participants who complete their challenge will be entered into a drawing. There will be a drawing for three levels of prizes:
- First: 90% completion – 25 or more boxes filled
  - Prize: Ninja Blender or Instant Pot
- Second: 80% completion – 22-24 boxes filled
  - Prize: $50.00 Big Five Gift Card
- Third: 70% completion – 19-21 boxes filled
  - Prize: $25.00 Jamba Juice or Togos Gift Card
Please send completed forms to Donna Custodio at the District Office by May 17th.
You can register for the challenge to receive encouragement and reminders. https://forms.gle/dryEcpCEvi6tW8aEA
For more information, please contact Donna Custodio at (209) 257-5343.
Congratulations to our winners of the monthly Bingo Wellness Challenge.

$10 gift card to Jamba Juice
Anna Stewart – Shenandoah Valley Charter School
Sinead Klement – TOSA District Office
B.J. Hoover – Attendance Clerk – Argonaut High School

Ninja Blender
Maggie Frederick – Teacher 1/2 – Jackson Elementary
Don’t Let Spring Allergies Bring You Down

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants begin to bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. What’s more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

Spring Allergy Alleviation Tips
To reduce your allergies, be sure to take the following steps:
• Wash your bedding every week in hot water to help keep pollen under control.
• Wash your hair before going to bed, since pollen can accumulate in your hair.
• Limit the number of throw rugs in your home to reduce dust and mold.
• Wear an inexpensive painter’s mask and gloves when cleaning, vacuuming or painting to limit skin exposure and dust and chemical inhalation.
• Vacuum twice a week.
• Make sure the rugs you have are washable.
• Change air conditioning and heating air filters often.

Treating Allergies: Treatment for most allergies is available both over-the-counter and by prescription. Talk to your doctor to find out what treatment method is right for you. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.
Trail of the Month

Independence Flat

Independence Flat Loop Trail is a 4 mile lightly trafficked loop trail located near Jackson that features a river and is rated as moderate. The trail offers a number of activity options and is accessible year-round. Horses are also able to use this trail.

This is part of the Mokelumne Coast to Crest Trail (MCCT) to Highway 49. A pretty ramble through woodland and rolling foothill rangeland, passing the lonely sites of many vanished gold miners’ camps.

This trail requires a permit to hike.

DISTANCE     ELEVATION GAIN     ROUTE TYPE
4.0 miles    725 feet          Loop
kid friendly hiking horseback riding nature trips trail running walking
birdwatching river views wild flowers wildlife no dogs

From: https://www.alltrails.com/trail/us/california/independence-flat-loop-trail

Independence

Independence Flat Loop Trail offers a number of activity options and is accessible year-round.

Address the Stress

Are you struggling with an attitude that seems to keep wanting to tend toward the negative? Get ACTIVE, get OUT, and have FUN! Remember that attitude follows ACTION. Here’s what some pretty smart folks have to say about staying active:

“The secret to being miserable is having the leisure to bother about whether you are happy or not.” George Bernard Shaw

"Be a participant in the developing cosmos." Neil Tyson

“I’m too busy; I have no time for worry!” Sir Winston Churchill

A lack of nature seems to cause physical and mental health problems, while an exposure to nature seems to improve physical and mental health.” Mark Sisson

Do not underestimate the power of taking your mind off what you perceive to be your “problems.” Besides getting a break, it also helps to get busy with something that engages the conscious and lets the creative subconscious go to work on the issue. Oftentimes you will find that when you return to work a solution to the challenge will pop into your head.

While you are getting active (hopefully with something fun), get outside, too. Getting outside literally changes our perspective. Our vision and thought patterns both change when we are outside, and it is believed that this is due, at least in part, to the longer view. While we are indoors, we rarely have to focus beyond a very small part of our range of vision.

Consider for a moment: Most of the times when you have come in from outdoor activities, are your spirits improved over when you went out?

“I have observed that most people are about as happy as they make up their minds to be.” Martha Washington

https://www.helpguide.org/articles/stress/stress-management.htm/

Spinach Power Salad with Mandarin Vinaigrette

**Dressing**

- 6 ounces mandarin orange juice (reserve oranges)
- 2 Tbsp. apple cider vinegar
- ⅛ cup olive oil
- ½ small onion (chopped)
- 1 Tbsp. spicy brown mustard
- ½ tsp. salt
- ½ tsp. pepper

**Salad**

- ½ pound chicken breast (cooked, chopped)
- 5 ounces baby spinach
- 1 large carrot
- 24 seedless red grapes
- 1 ½ ounces walnuts (coarsely chopped)

**Preparations**

1. Combine all of the dressing ingredients in a blender. Mix until combined.
2. Divide the spinach among four bowls. Top each bowl with the shredded carrots, grapes, mandarin oranges, walnuts and chicken breast.
3. Shake the dressing. Drizzle over each salad.
The Harvest of the Month featured vegetable is **peas**.

**Healthy Serving Ideas**

- Cook sugar snap or snow peas with sliced vegetables and chicken strips for a quick stir-fry.
- Add sugar snap or snow peas to your favorite pasta dish.
- Simmer green peas with sliced mushrooms in low-sodium chicken broth for a tasty side dish.

**Shopper’s Tip**

- Look for fresh green peas with firm, bright green, medium-sized pods.
- Put fresh peas in an open plastic bag. Keep in the refrigerator for up to five days. Wash peas just before using.
- Put cooked green peas in an airtight container. Keep in the refrigerator for up to four days.
- For frozen or canned peas, pick low sodium varieties without butter sauces.

**Let’s Get Physical!**

Limit the amount of TV you watch. This will give you more time to be active – like doing chores, playing with your kids, or getting outside to enjoy the fresh air. Break the habit of turning on the TV “to see what’s on.” If you don’t know what’s on, you won’t miss it!

**How Much Do I Need?**

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!

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**Health and Nutrition Go Hand-in-Hand**

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of peas (fresh or cooked) is an excellent source* of vitamin K. This vitamin helps stop cuts and scrapes from bleeding too much and starts the healing process. Peas are also a good source** of fiber, vitamin C, vitamin A, folate, and thiamin. Thiamin is also called vitamin B₁. It helps keep your body’s nerves healthy.

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*Excellent sources provide at least 20% Daily Value. **Good sources provide 10-19% Daily Value.

For more recipes and tips, visit: www.CaChampionsForChange.net
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<tr>
<th>Day</th>
<th>Activity</th>
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<td>Monday</td>
<td><strong>Meatless Monday</strong>&lt;br&gt;Because going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes, and obesity. And going meatless once a week can also help reduce our carbon footprint and save precious resources like fossil fuels and fresh water. Try some new recipes without meat.</td>
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<td>Tuesday</td>
<td><strong>Try Something New Tuesday</strong>&lt;br&gt;Trying new things can reap myriad benefits, from expanding your horizons to building confidence. Try a new exercise, food, meditate, or learn something new.</td>
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<td>Wednesday</td>
<td><strong>Walking Wednesday</strong>&lt;br&gt;You can get active in lots of ways, but walking is one of the easiest! For most people, it’s safe, easy to stick with, and low- or no-cost. It doesn’t require any special skills or equipment. For such a simple activity, it has so many benefits. Walk 10,000 steps</td>
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<td>Thursday</td>
<td><strong>Thirsty Thursday</strong>&lt;br&gt;Keeping hydrated is crucial for health and well-being, but many people do not consume enough fluids each day. Drink half your weight in ounces of water Example: 150lbs 75oz.</td>
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<td>Friday</td>
<td><strong>Five for Friday</strong>&lt;br&gt;Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. It’s important that you eat enough of them. Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. Eat five or more fruits or vegetables</td>
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<td>Saturday</td>
<td><strong>Social Saturday</strong>&lt;br&gt;To live a happy, healthy life, most people need and enjoy the support of family and friends. Spend time with others doing a fun activity.</td>
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<td>Sunday</td>
<td><strong>Sugar Free Sunday.</strong>&lt;br&gt;Eating too much sugar has been linked to an increased risk of conditions including diabetes and heart disease.... This sugar intake does not even include natural sugars found in products such as fruit and milk. Excessive sugar consumption is linked to numerous health conditions, including: obesity and metabolic syndrome. Drink healthy alternatives to soda. Look at labels to see if the product has added sugar.</td>
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