

YOUR WELLNEWS

BROUGHT TO YOU BY



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WELLNESS GOALS AND COMMITMENTS

CRCSO is committed to supporting staff and student wellness. Our three year goals and commitments were developed by the 2016/17 District Wellness Council.

Commitments are expectations of every building district-wide which are driven by Federal guidelines and district policy.

Goals are what we aspire to promote and achieve over the next three years – areas where we are not yet proficient.



WELCOME BACK!

We're glad you're here and hope your first few days of school were awesome!

SMART SNACK GUIDELINES

Healthy kids are better learners. Students who receive proper nutrition throughout the day can maintain better focus and energy, and avoid sugar crashes. With more children being diagnosed with diabetes, it is critical to ensure a balanced diet for all students.

Q: When do we need to use Smart Snack Guidelines?

A: The Healthy, Hunger Free Kids Act and District Policy requires that Smart Snack Guidelines be followed from midnight until 30 minutes after school is dismissed. All food that is offered, provided, or sold at school must meet these guidelines, including food and drinks at monthly celebrations (if these occur in your building) and vending machine offerings (which cannot be available to students 30 minutes before, during and 30 minutes after school meal service).

Q: How do I know if something meets Smart Snack Guidelines?

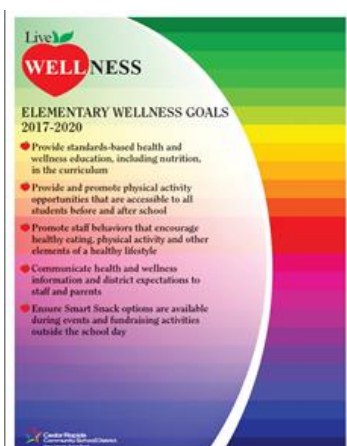
A: The online Smart Snack Calculator can be found at <https://foodplanner.healthiergeneration.org/calculator/> to determine if a food or drink meets the guidelines. You can also contact Stephanie, Suzy or Amanda with questions (contact information below).

DISTRICT WELLNESS COUNCIL

The CRCSO District Wellness Council consists of representatives from each building who serve as wellness champions for staff and students at their school – supporting and promoting one or two wellness goals a year and helping the building follow the wellness commitments with support from the district wellness team. The Council meets 3-4 times

per year to share updates and ideas, receive information and support, and collaborate to solve problems or address barriers that get in the way of staff/student wellness.

If you are interested in serving on the District Wellness Council, please email wellness@cr.k12.ia.us.



2017-2020 Elementary Wellness Goals

REMINDERS: VIRGIN PULSE



If you are eligible for the **Virgin Pulse employee wellness program**, don't forget to log in and start tracking your steps and healthy habits to earn your wellness rewards. To find out if you are eligible or for questions about the program, visit the Virgin Pulse website [HERE](#) to login or click "*looking for how to join*" if you have not already established a login.

COMING SOON!

It's already time to start thinking about protecting yourself from the seasonal influenza ("the flu")! Healthy eating, regular exercise, lots of fluids and 7-8 hours of sleep are important for supporting your immune system.



Flu shots are generally covered as a preventive service through most health plans (including district health insurance). For your convenience, in September and October, HyVee comes onsite to many of our buildings to provide the shots for staff and their families before and after school. Keep a lookout for dates, times, locations and sign up details for flu shot clinics in your inbox in the next couple weeks.

Key facts about seasonal flu and the vaccine are available from the Centers for Disease Control and Prevention at <https://www.cdc.gov/flu/protect/keyfacts.htm>

For questions about flu shot clinics, please email wellness@cr.k12.ia.us

In health, your district wellness support team:

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WellNews You Can Use

Fear. Anxiety. Stress.

These emotions are completely normal, but can affect our productivity and physical health if they become overwhelming. One quick tip for immediate stress reduction is to focus on mindful breathing.

Deep breathing increases the supply of oxygen to your brain and helps promote a state of calmness. Breathing techniques also help you focus on your body, which can quiet your mind. Although there are a variety of breathing techniques, taking a few slow, deep belly breaths can provide immediate stress relief.

For more quick & easy stress relief exercises, [CLICK HERE](#)

Confidential counseling is also available through the [Mercy Employee Assistance Program](#).