

# YOUR WELLNEWS

BROUGHT TO YOU BY Live



Issue 5 / October 2018

## WELLNESS COMMITMENTS:

### FOOD AS REWARDS

CRCSD is committed to supporting staff and student wellness.

Expectations of every building District-wide are driven by Federal guidelines and district policy.

Board of Education Regulation 610.1 states:

**“Foods, beverages, and food/beverage coupons should not be used as rewards for academic performance, compliance, or good behavior. District employees will not withhold food or beverage (including food served through meals) as a punishment.”**

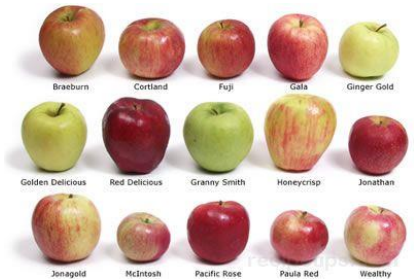
Examples of ways to motivate students with non-food rewards can be found

[HERE](#)

## TIP OF THE MONTH

It's apple season! Fruits and vegetables provide what's needed to help the body fight off infections and are especially important as the weather gets

cooler. Get outside with friends or family and check out one of our local apple orchards this month!



## CELEBRATE LOCAL FOODS

On October 11<sup>th</sup>, 2018, **Jefferson, Kennedy, Metro and Washington High Schools** will be participating in Iowa Local Food Day with support from the **CRCSD Food and Nutrition Department**.



### Q: What is Local Food Day?

A: Local Food Day is a celebration of Iowa farmers and local foods during National Farm to School Month. This statewide event unifies our farms, children and schools.

### Q: What's on the menu?

A: High school students and staff can look forward to a menu featuring corn bread muffins made with local corn meal from Early Morning Harvest in Panora, IA and fresh apples procured from Wilson Apple Orchard in Solon, IA. *Yum!*

## October WellNews at-a-glance

October: National Farm to School Month

October 2, 4, 15, 24: Final Flu Shot Clinics – p.2

October 11: Local Food Day – p.1

October 15-19: National School Lunch Week

October 29: VirginPulse Team Spirit Walking Challenge begins -p.3

## NUTRISLICE – MENUS & MORE



The Food and Nutrition Department has introduced a new menu software program and now school menus are available digitally. **Nutrislice** fits perfectly with the vision and goals of creating a personalized experience for students and families in CRCSD. The strength of this menu platform is the digital capabilities with many resources for families (50 languages, photos, nutrient information and ingredient information).

### How teachers can use Nutrislice:

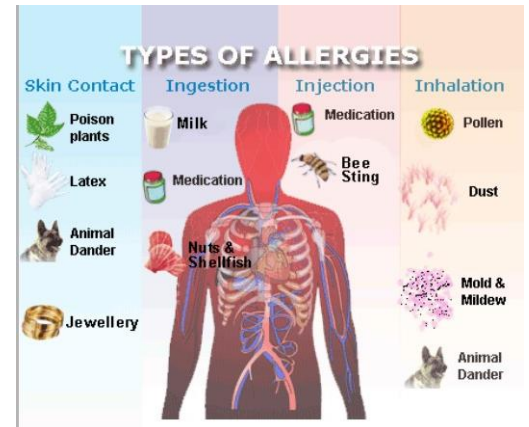
Provides easy detailed information of daily menu options  
An educational tool to integrate and increase health literacy on nutrition for students  
Important channel for communication

### Where to access Menus:

Go to the Food & Nutrition page on the district website. Click on “Menus”.  
Available on the web at <https://cr.nutrislice.com>  
Download the free app. (search for “Nutrislice”)

## ALLERGIES, CONGESTION, AND INFLUENZA...OH MY!

Feeling a little stuffy since coming back to school? In the Fall, there are a variety of triggers – both indoor and outdoor – that can contribute to runny nose, sinus pressure, itchy eyes, and scratchy throat. Exposure to pet dander, foods, certain perfumes/sprays, or cigarette smoke on clothing may cause these symptoms. To help keep our indoor air allergen-free, refer to the *Guidelines for Fragrance-Free Products* in [Parent Notifications](#).



The Mayo Clinic recommends seeing your primary care provider (PCP) if:

- Your symptoms last more than 10 days.
- You have a high fever.
- Your nasal discharge is yellow or green and is accompanied by sinus pain or fever.
- You have blood in your nasal discharge or a persistent clear discharge after a head injury.



A flu shot can help prevent or reduce respiratory symptoms associated with influenza. There are still spots available for on-site flu shots at the following buildings. All locations are open to district employees and their families. Please sign up at the links below. Children under the age of 6 must have a note from their physician to receive the shot.

10/4: 2:30-4:00pm [Wilson Middle School](#) (Staff Lounge)  
10/15: 2:00-4:00pm [ELSC on Edgewood Rd](#) (Kennedy Room)  
10/24: 4:00-5:30pm [Taylor Elementary School](#) (Metro Care Connection Office)

For questions about flu shot clinics, email [wellness@cr.k12.ia.us](mailto:wellness@cr.k12.ia.us)

## OCCUPATIONAL HEALTH AND SAFETY

Workplace accidents are unfortunate events that can disrupt your physical, emotional & financial well-being. In the event of a work-related accident, the CRCSD Return to Work Program will help you transition back into a productive role as you recover from your injury. You benefit from the program in the following ways:



- Perform meaningful work despite your physical restrictions while recovering.
- Maintain your income level.
- Retain your status within the company.
- Avoid the monotony associated with long periods of home recovery.
- Stay updated on important company announcements, events & meetings.
- Maintain your body’s strength and help return to your pre-injury strength and condition level.
- Accelerate your recovery process.

If you have been injured on the job, we will attempt to place you in a modified duty position as soon as we receive a return to work release from your doctor. You will be placed in the position that best falls within your temporary work restrictions.

In health,

### Your district wellness support team:

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### WellNews You Can Use

**Get Moving!** There are significant benefits to physical activity – even just 10 minutes three times a day can help:

- Reduce Your Risk of Cardiovascular Disease.
- Reduce your risk of Type 2 Diabetes and Metabolic Syndrome.
- Reduce Your Risk of Some Cancers.
- Strengthen Your Bones and Muscles.
- Improve Your Mental Health and Mood.
- Improve Your Ability to do Daily Activities and Prevent Falls.

Grab a group of friends and make a commitment to get your steps in between now and Thanksgiving. Check out these [tips for getting into a routine.](#)



Virgin Pulse members can earn points by signing up for the Team Spirit Challenge and tracking their steps using any device. Look for an email to sign up in mid-October.

Leverage the #PowerofWe for better health