

# December Faculty Newsletter

## Choosing Healthy Habits Planner Theme: **Healthy Holiday Habits**

**Healthy Holiday Habits** include eating calcium-rich foods such as fat-free yogurt and reduced-fat cheese and doing muscle fitness exercises such as push-ups and curl-ups. Bones grow the fastest during ages 9-18, which is when the body produces the bones that must last a lifetime. This time is known as peak bone mass. Calcium, vitamin D and potassium help build strong bones.

\*Check out page 85 in the *Choosing Healthy Habits* planner for more information.



## Grant Opportunities

- **BOKS Grant:** Provides free curricula and training to educators and parents to help keep youth active and healthy.  
Deadline: Thursday, December 31, 2020
- **Greenfields' Outdoor Fitness School Incentive Program:** Grants are given in the form of in-kind donations of additional fitness equipment and matches up to 50% of equipment purchases.  
Deadline: Rolling



## Virtual Learning Resources

HealthMPowers provides virtual learning resources for teachers and families to improve healthy eating and physical activity behaviors. Resources include videos, virtual lesson plans and activities. These resources will help families include fun, educational activities to do at home during their holiday break.

**Check it out!**

[www.healthmpowers.org/services/resources/](http://www.healthmpowers.org/services/resources/)

## Harvest of the Month Recipe

### New Wave Chicken Salad Wraps

#### Ingredients:

- 1 ½ cups cooked chicken breast
- 1 cup carrots, shredded
- 2 cups fresh spinach, chopped
- 1 cup fresh tomatoes, chopped
- 1 cup frozen corn, thawed
- 2 teaspoons garlic herb seasoning
- ¼ cup reduced fat mayonnaise
- 16 large green leaf **lettuce** leaves



#### Instructions:

1. Combine all ingredients except **lettuce** leaves.
2. Place equal amount of salad mixture on each **lettuce** leaf.
3. Roll from one end of the **lettuce** leaf to the middle.
4. Fold in the sides and continue to roll
5. Secure with a toothpick.
6. Enjoy!

\*Makes 8 servings. For more information [click here!](#)

## Recognition

A special shout-out to the schools who have successfully completed the HealthMPowers Nutrition Model Lesson in their Health/PE classes. These Health Education Coordinators are off to a great start to completing their HealthMPowers responsibilities this year!

- Appling Middle School
- Bainbridge Middle School
- Ballard-Hudson Middle School
- Carrollton City Jr. High School
- G.P. Babb Middle School
- Hutto Middle School
- M.D. Roberts Middle School
- Ralph J. Bunche Middle School
- Thomas County Middle School

