

COORIE



April 2015

SBH Team

Mary Ann Glusich
School Nurse

Jill Mullens
School Nurse

Erin McFarland
School Counselor

Brenda Orth
Clerical Assistant

Jackie Gaughenbaugh
Clerical Assistant

“St. Paul’s Grows Healthy Habits with our Students”

St. Paul School 4th and 5th graders will be starting their very own gardens. They will be growing red and green leafy lettuce and some herbs. Before the school year is up they will share the profits of their labors with the whole school at the salad bar and Mrs. Good will use some of the herbs in her spaghetti sauce for Pasta Thursday.

What better place to ‘grow’ special family memories than in a garden? Gardening with your kids or grandkids at home or at a community garden not only provides the tangible benefits of exercise and fresh food, it also fosters communication, builds strong relationships, and offers an opportunity to work towards a common goal.

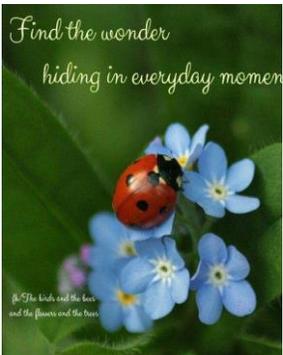
Through the seasons there are little opportunities and big projects that can fit seamlessly into your life. Help turn your kids’ questions into fun discoveries.

Re: KidsGardening.org



St. Paul’s School Health Center would like to wish everyone a happy and healthy summer!!

Thank you for another wonderful year.



Build a Snack Basket



Summer is almost here. Schedules might not be so regimented because school is out. Make it easy for your youngster to choose a healthy snack by putting together snack baskets like these.

On the kitchen table. Fill a clean bucket with mini raisin boxes, small bags of almonds or sunflower seeds, fresh fruit, and colorful sports bottles of tap water. Add a card that says, “Take water, and choose two snacks!”

In the fridge. Stock a colorful plastic bin with cold water bottles, individual cups of unsweetened applesauce, containers of ready-to-eat raw vegetables (green beans, cauliflower florets, carrots), and a small tub of hummus or lowfat ranch dressing. Then, Put it on a shelf at your child’s eye level so it’s the first thing she sees when she opens the refrigerator.

RE: Nutrition Nuggets