



Health Scout



MARCH 2009

FROM THE SUPERINTENDENT'S OFFICE

Nutrition Helps You Age Healthfully

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You can't change the past ... or stop the clock. Growing old is inevitable but some of the health problems associated with aging don't need to be. Some nutrition and lifestyle changes can help prevent health issues that start to crop up with age:

- Get adequate rest to help keep your immune system strong.
- Control your weight. Excess weight seems to increase your risk for several diseases, which can affect quality of life and life span.
- Refuel regularly. Maintaining a regular meal schedule keeps insulin levels steady and avoids surges which can increase your disease risk.
- To the extent you are able, engage in regular physical activity.

You can make choices at any age or health condition that can slow the changes and challenges that come with getting older. You'll feel good longer and enjoy life for many years to come.

Produced by ADA's Public Relations Team

Incredible, Edible Veggie Bowls

Prep time: about 10 minutes

Ingredients:

- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- your favorite salad dressing

Utensils:

- knife (You'll need help from your adult assistant.)
- cutting board

Directions:

Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.

Cut the other half of the pepper into skinny slices.

Cut the carrot into skinny sticks about 4" long.

Cut celery into skinny sticks so each one is about 4" long.

Put a little salad dressing in the bottom of your pepper bowl.

Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.

Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

<http://kidshealth.org/kid/recipes/index.html>

Building Healthy Relationship

By Mrs. Pinneo

Are you good at building relationships? Can you cooperate with others to get a task done? Are you able to talk out your problems in order to find a solution that works for all involved? These are things we are talking about in guidance this month. We are finding that some people naturally do this better than others, but are skills that need to be learned just like academics.

As I talk about these areas with different grade levels, I treat them as separate skills but see how related they all are to each other. In each, you must be able to communicate. Communication involves not only talking, but listening. Active listening allows us to hear what people have to say, consider their perspective, and think about their feelings. It then lets us to make a decision that benefits all parties, not just ourselves. We then can act on that decision.

In building relationships this is key, as many relationships are broken due to lack of communication and active listening. When cooperating we have to be able to listen to all ideas, decide what to take from all the ideas, and then put them together to create a final product. Solving problems also uses these skills, and in all we have to consider what is the best option for everyone.

So, do you use these skills at home? Just the other day my oldest son asked me why I always stand up for everyone. This made me think; I went back and told him that it is good to consider other people's perspective and not use it as an excuse, but as a tool to help them. I believe when I can understand where a person is coming from it helps me build a relationship with them, cooperate with them, and be able to work out a problem with them.