



Hastings
School District #200
December 2017



HEALTHY HOLIDAY EATING

All the tasty, sweet options and family traditions can make it difficult to make good choices in what and how you eat during the upcoming Holidays. If Grandma makes the best pumpkin pie ever, great! Enjoy it and then choose no topping or a smaller piece if you want to have less calories without missing the enjoyment. Another suggestion for keeping things healthier is to cook with more natural ingredients. Choose whipping cream vs Cool Whip. Make real gravy with the meat drippings, flour and cornstarch. Pre-made items have a lot of extra ingredients to make them shelf stable. Preservatives and extra fats add up the sodium and calorie counts. Fresh and unrefined is the healthiest option. Go for fresh green beans with butter vs green bean casserole. Choose the foods you really want to eat and pass on the rest. Lastly, enjoy the time with friends and family and your holiday break!

Recipe: Green Beans with Almonds

1 pound fresh green beans
¼ cup sliced almonds
1 ½ tsp butter, salted

Put ½ tsp butter in a skillet pan. Turn it on low heat. Add almonds. Stir until browned. Do not leave pan as almonds can burn quickly. Once brown, remove from heat. Set aside. Steam the green beans to bright green and firm. Add rest of butter to beans and cover with almonds.

Contributed by Susan Taylor, parent on Smart Choices Committee

STRESS is a part of all of our lives and is not going away. The American Psychological Association found that 73% of parents see family responsibilities as a considerable cause of stress. In other words, you are not alone. Mild to moderate levels of stress can be healthy for you, however too much stress can be problematic. People of all ages deal with stress in various ways.

REFLECT: Take a step back and look at how you deal with stress. Do you use unhealthy behaviors to cope? How can I improve my stress management skills? It is important to remember that parents are models for their children. Parents who cope with stress in healthy ways create a foundation for their children to build upon in establishing healthy stress management.

TALK! If your child shows signs of worry or stress, ask them about it. Help them identify the feelings and discuss ways of dealing with stress. Find out what works for them, whether it be exercise, meditation, eating healthy, getting the proper amount of sleep, etc.

SELF-CARE: Healthy eating habits, exercise and getting enough sleep are ways to reduce the negative effects of stress. Set aside time to go for a bike ride, play catch, or go for a walk with your child. This will help clear the mind and make it easier to relax.

It is also important to know that if you are under significant amounts of stress, consult your health care provider and seek professional assistance.

Hearing and Vision Screening

Elementary students in kindergarten, 2nd and 4th grade are in the process of being screened for hearing and vision. The building nurse will contact you if follow-up with a health care provider is recommended for your child. You will only be contacted if your child is recommended for referral. Contact the nurse if you have questions.

Sternau and Associates

For well over two decades, Sternau and Associates have been providing free & confidential counseling and assessment services to the students of District 200. These licensed psychologists see students based on parent requests and/or staff referrals. If you would like to have a conversation with a counselor, please call 612-338-5267.

The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the Smart Choices Website:
<http://www.smartchoiceshastings.info>

