



Pendleton School District  
March  
2018

# Delivering on Student Well-Being

## Promote Student & Parent Success: National Nutrition Month®

# GO FURTHER *with* FOOD



It's March which means it is National Nutrition Month ®! This is the annual event when the Academy of Nutrition and Dietetics spotlights the important role of healthful eating and physical activity to control weight and prevent chronic disease.

The theme for 2018 is "Go Further with Food." So whether it's starting the day with a healthy breakfast or picking the right snacks before an athletic event— it can make a real difference!

Prepare your foods to go further, by planning meals and snacks in advance. This can also help reduce food loss and waste. This will help you to achieve

some of the numerous benefits that healthy eating habits offer!

Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money!

This month remember: there's no one diet that is right for everyone, so it's important to follow a healthful eating plan that's packed with tasty foods and that keeps your unique lifestyle in mind!

For more information visit: <https://www.eatright.org/food/resources/national-nutrition-month>

### Nutrition: Future Chefs

We welcome all spectators and guests to come and watch this event (from behind the lines of course). Please join us this March 20, 2018 at Washington Elementary School at 3:30PM to view the these recipes from our wonderful students:

McKay Elementary School: Aubrey Wadlington– Thai Wrap, Jaydon Hoffert– Asian Wrap, Payton Hoffert– Teriyaki Bowl..

Washinton Elementary School: Ever Wornell– Lettuce Wrap, Grace Welch– Thai Noodles, Victoria Morris– Lentil Soup, Nicolas West– Asian Bowl.

SherwoodElementary School: Jada Bosworth– Asian Salad, Lilly Towers– Faux Pho.

Please reach out to Galina Dobson with any questions!



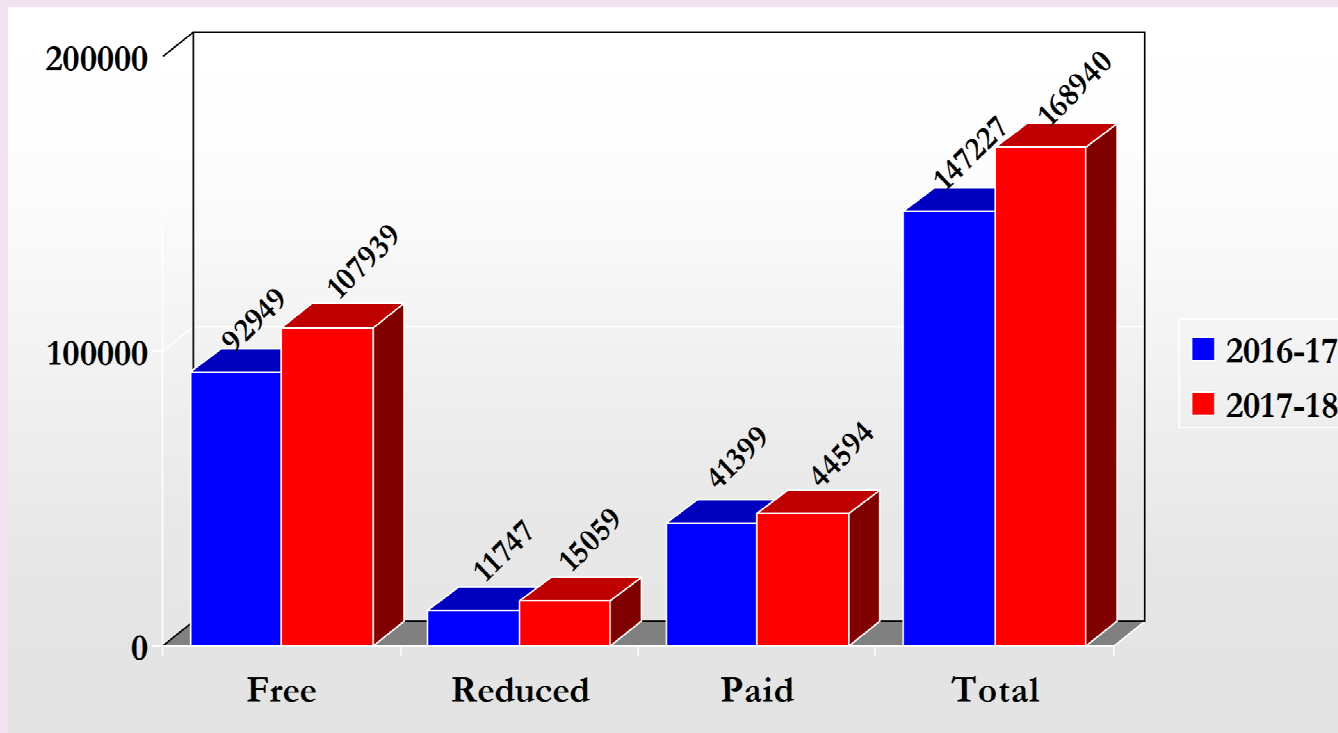
## Nutrition: Fresh Pick

Asparagus is a wonderful spring time vegetable that is coming into season in now! So stock up on this stalk and enjoy a tasty nutrient-dense food. Packed with antioxidant and anti-inflammatory properties, asparagus has been used as a medicinal vegetable for 2,500 years as it helps your heart, digestion, bones and even cells!

It's easy to pick out and prepare too! Look for similarly sized bunches of asparagus so it cooks evenly. All it takes to prepare is a quick rinse of the asparagus and a trim of the woody end pieces. Toss the asparagus with some oil and seasoning of your choice and you have a delicious side dish in no time!



## Performance: September– February Participation



The data above displays lunch served for the months of September 2017– February 2018 at all schools in the district compared against the meals served for 2016-17. Overall, the district saw an increase in lunches during this time period.

The nutrition services staff did participate in a fun Valentine's Day themed promotion that the kids really loved and we'll be doing more of those themed days moving forward to build meal counts.

# Promote Student Wellness: Spring Break

Spring break is something that kids look forward to but for parents, it can be daunting to find ways to keep kids occupied! It comes at the cusp of seasons -- not necessarily warm enough for playing outside all day, and not necessarily cold enough for winter activities like skiing and skating. Well these 10 ideas will help keep your kids busy this spring break!

1. Have a dance party: crank up the music and have a fun dance party. Choose a playlist that appeals to your music taste and theirs!
2. Start the gardening: it might not be warm enough to start planting, but it's certainly warm enough to start planning. Have the kids help by plotting the garden on paper, make a list of needed supplies (compost, mulch, seeds, plants, etc.) and if weather allows start prepping for planting!
3. Get in the kitchen: kids love to help cook, so let them! Not only will they be more apt to try what you make together, but they also can learn valuable life lessons about feeding themselves.
4. Scavenger hunt: rain, snow or sun, it's always a good time for a scavenger hunt (or geocaching!). Make a list of things for your kids to locate (a green leaf, something to shade you from the sun, etc.) and set them to find them all. Have a few small prizes for when they finish to make it extra special.
5. Have an art show: get all the supplies kids need to make collages, paintings or sculptures and set them to work. Put their work on display as they finish then at the end of the week, make an exhibition night!
6. Pick up a kit: sand art, soap, candy – there are kid kits for everything! Find one that your kids are interested in and help them use it.
7. Break out the board games: Scrabble, Apples to Apples, Monopoly or your family favorite and have a fun afternoon of game play. Maybe plan a tournament and small prizes!
8. Get out and walk: for nice days, getting outside can be a great adventure. Take a nature walk and have the kids make note of all the animals they see or trees they can find.
9. Volunteer: soup kitchens, nursing homes and other organizations are always looking for help and may need a few good kids to help out over spring break. It'll be good for the kids and help the community too.
10. Hit the library: all year long, kids have to read school-assigned books. Over spring break, let them read whatever they want!

Try one of these ideas or all of them and use spring break as a time to help your kids grow their bodies and minds during the short break from school!



## Staff Service Awards

Maria Perez has been an important member of the High School team for 10 years! With her constant smile and can do attitude, she has helped us transform the high school cafeteria into a place where students enjoy coming.