

W.O.W

Working on Wellness

@ Deep Creek Elementary

November Newsletter

What a Great Start!

We (the WOW Committee) would like to thank everyone for taking part in our initiative to improve Wellness at DCE and in our community. During the month of October, we shared some interesting nutrition facts about several food/beverages during our "WOW on Wednesdays" segment during the morning announcements. Below you will find some interesting notes on these items. Students received the Get Active, Get Fit Challenge record sheet in the beginning of the month to encourage at least 15 minutes of physical activity daily. DCE could win a Radio Disney party for our participation in this special challenge which is sponsored by Anthem Health Care and Radio Disney. We also continued our "12 Minutes to Fitness" program for faculty members.



Coming in November

During this month, we will be sharing information on these delicious and nutritious food items; apples, cranberry, turkey, and tofu. On our first Wednesday of the month, all students and faculty members will receive an apple! The WOW Committee will also be co-sponsoring the DCE "Turkey Trot" on Saturday, November 6th at 9:00 A.M.

Make a healthy choice...

"Eat healthy stuff!"

"Move around enough!"

"Live tobacco and drug free!"

From Coach Goody, Health Talk Videos

October Food Facts!

WATER – The human body is made up of about 67% water. Every cell in the body needs water. Lack of water is the #1 cause of daytime tiredness.

BROCCOLI – It is a good source of Vitamin A, and vitamin C, potassium, folacin, iron and fiber. Broccoli has as much calcium ounce per ounce as milk

PUMPKIN – Pumpkin is very rich in carotenoids, which is known for keeping the immune system of an individual strong and healthy. Beta-carotene, found in a pumpkin, is a powerful antioxidant as well as anti-inflammatory agent.

On the back of the newsletter are a couple of healthy recipes you can try in the month of November. Enjoy!!

The Wellness Committee

Mr. Triolet, Ms. Bradshaw, Mrs. Koonce, Mrs. Fitzgerald, Mrs. Abrams, Mrs. Byrd, Mrs. Hill (RN)



November Healthy Recipes

Roasted Broccoli with Garlic (from www.weightlossandtraining.com)

Ingredients

1 head broccoli, cut into florets, stems peeled, and sliced or diced (about 1 1/2 pounds)
2 tablespoons extra-virgin olive oil
3 garlic cloves, sliced
kosher salt & freshly ground black pepper

Directions

Preheat oven to 450 degrees F.
Toss the broccoli florets with the olive oil, garlic, salt, and pepper on a baking sheet. Spread them out and then roast, without stirring, until the edges are crispy and the stems are crisp tender, about 20 minutes.
Serve warm.

Pumpkin Cranberry Muffins (from www.lowfatcooking.about.com)

Ingredients

2 cups all-purpose flour
3/4 cup sugar
1 tsp baking soda
1/4 tsp salt
1 tsp cinnamon
1/2 tsp ginger
1/4 tsp nutmeg
1 cup pumpkin puree
1 large egg, lightly beaten
1/4 cup canola oil
1 cup nonfat milk
1 cup fresh cranberries, chopped

Directions

Preheat oven to 350 degrees. Coat a muffin pan with nonstick cooking spray. In a large bowl, combine flour, sugar, baking soda, salt, cinnamon, ginger and nutmeg. Combine pumpkin, beaten egg, oil and milk in a medium bowl. Make a well in dry ingredients; add pumpkin mixture and stir until just combined. Fold in chopped cranberries. Fill muffin cups and bake for 22-25 minutes.
Makes 12 muffins