



Healthy Families

Spring 2024

healthy kids
a journey to healthy habits
Sarah Bush
Lincoln

A healthier tomorrow starts today!

ELEMENTARY



January:

Energy Balance



During our "Energy Balance" lesson, students understood the connection of energy in (calories) and energy out (movement), and how it can relate to the amount of time we spend on screens. If we provide our bodies with the right calories by making half of our plate fruit and vegetables, including healthy proteins, whole-grains and low-fat dairy products, we can set ourselves up to do all of the things we want to do— like learn, grow and play!

We find balance in everyday activities like getting ready for school, walking to and from classes or even getting physical during PE, playing sports and playing hard during breaks.



Remember that our Healthy Hero Zoe teaches us to aim for 2-hours or less of screen time outside of school each day, and Ian teaches us to get at least 1-hour of exercise each day.

February:

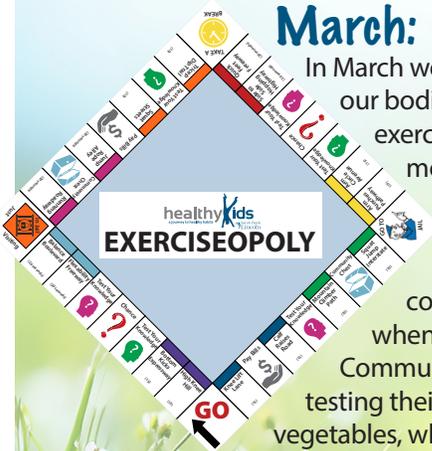
MVP, or Most Valuable Player is someone who goes above and beyond for their team and is a standout person. We can all strive to be an MVP of our school by showing leadership, following the rules and being a friend to everyone! This month's Healthy Kids lesson relates the idea of being the Most Valuable to the food group-- protein! There are so many different types of protein (think beef, chicken, fish, eggs, turkey, nuts and seeds), but not every type of protein can be the MVP. In this lesson students were given a category of protein, and used medals that were labeled Most Valuable (1st place), Team Player (2nd place) and Least Valuable (3rd place) to rank each protein and present their answers to their classmates.



Do you remember the category beef? 1st place was top sirloin steak, 2nd place was low-fat ground beef cheeseburger, and 3rd place was the beef hotdog.

March:

In March we are up and moving our bodies to work on adding exercise into our day! This month students got to play Exercise Monopoly. Like your childhood favorite board game, this game combines trying their luck when landing on Chance or Community Chest cards with testing their knowledge about fruits, vegetables, whole grains, dairy and protein with the added bonus of exercise squares. When you involve exercise into your favorite games, you also help your body get closer to getting the recommended 1-hour of physical activity each day!



April:

KickStart

As weather permits, we are excited about visiting schools with the KickStart vehicle to have fun while staying active! Through interactive features like jumping rope, dribbling balls, running through obstacles, balancing and using quick feet, we get to be active together. The Kickstart car always proves to be a blast for the students.



KINDERGARTEN

January: Go, Slow, Whoa! Drinks



Orie was the featured Healthy Hero of the month talking about sugary drinks. During our January lesson, kindergarteners learned that not only do we eat a lot of sugary foods, but drinking them too. We visualized together how much sugar goes into our bodies each time we drink things like soda and Gatorade. Categorizing drinks with the colors of a stoplight was a lot of fun as we played **Go, Slow, WOAH** drinks. **Go** drinks like water and low-

fat milk meant stand on your tiptoes and touch the sky! **Slow** drinks such as juice meant hands on your hips! **WOAH** or stop drinks like soda and Kool-Aid meant crouch down and touch your toes! They also got to color and match items on their own drink stop light to take home.



February:



This month's lesson was all about trying new things. When asked why trying new foods is so important the main response from kindergarten was "because you don't know until you try it" and "It helps you stay healthy!" Good job! This is correct because sometimes we try a new food and love it. Other times we might not like it right away. But that doesn't mean we should give up on our taste buds.

We read "DW The Picky Eater", and the students got to try their very own sugar snap pea. We talked about the look, feel, sound (snap) and taste. After becoming the kings and queens of trying new things, students designed their own crowns to wear for being a part of the "One Bite Club!"

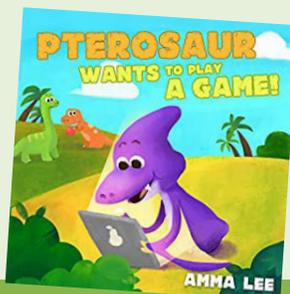


March: FRUIT & VEGGIE LAND



Together, we read a book "Pterosaur Wants to Play a Game" about a young dinosaur, who after discussing screen time, forgot about the things he loved to

do most like playing with his friends. In the end, just like Pterosaur, kindergarteners realized that too much screen time doesn't allow us to spend time doing other things we love. So to get some much needed movement we played Fruit and Veggie land. This game also incorporates "5-2-1-0 questions" where students could be quizzed on Healthy Kids Lesson topics.



April:

We wrap up a FUN year of Healthy Kids Lessons with our Healthy Hero Ian's fitness challenge! Getting at least one hour of exercise in each day is so important to stay strong and healthy. Together, we hop, jump, twist and turn through the exercises. At the end each student earn their very own Healthy Hero Medal for all of their hard work!

To top it off, students take



home their very own Healthy Hero activity book. Take some time to do an activity together, or ask your kindergartener to introduce you to one of the Healthy Heroes.



Cooking Classes:

Chicken & Spinach Quesadillas

This semester of Healthy Kids cooking started in February, and it has already been a blast, as usual! Our students at Mattoon Middle School, as well as those at the Bridges Schools in Lerna, Shelbyville and Paris love our chicken and spinach quesadillas! We are going to continue cooking up quesadillas at Mattoon Middle School to a new bunch of students during the 4th quarter. Of course, we want to share this delicious recipe with the rest of our Healthy Kids friends and families; trust us, you will want to make these.



Ingredients List

- 1 small shallot or small onion
- 8 oz cooked spinach
- 6 oz cooked chicken
- 1 small tomato
- 1 clove garlic
- 1 bunch cilantro
- 1/4 lime
- 8 oz pepper jack cheese
- 1 Tbsp olive oil cooking spray
- 4 corn tortillas

Directions

1. Peel and mince the shallot. Place into a small bowl.
2. Rise and chop the spinach. Place into a medium bowl.
3. Chop the chicken. (Chicken should have been cooked to an internal temperature of 165° as proven by a meat thermometer.) Place into a medium bowl.
4. Cut the tomato in half, and remove the seeds. Chop the tomato. Place into a small bowl.
5. Peel and mince the garlic. Place in the bowl with the tomato.
6. Rise the cilantro. Remove the cilantro leaves from the stem. Mince the leaves. Place in the bowl with the tomato.
7. Squeeze the lime over the tomato mixture.
8. Grate the cheese.
9. Place a skillet over medium heat. Add the shallot. Cook for 2 minutes. Add the chopped spinach. Cook the spinach until it is wilted. Scrape the spinach into a small bowl.
10. Heat a small skillet over medium heat. Spray the pan with cooking spray.
11. Put a corn tortilla on the skillet. Add a handful of cheese and spread over half of the tortilla. Add a spoonful of spinach, the chicken and the tomato mixture. Make sure you spread it evenly over the cheese. Fold the tortilla in half. Cook until the bottom is lightly browned.
12. Flip the quesadilla over and cook until browned.
13. Remove the quesadilla to a plate. Serve and Enjoy.



Recipe Note: The ingredient amounts in this recipe were meant for larger tortillas, so if you use smaller tortillas, just be sure to decrease the amount of ingredients you get. Enjoy!

Summer Cooking Programs

Teen Cooking Classes | 11 a.m. - 1 p.m.

@ Mattoon Middle School

June 18 & 20 July 24 & 25

July 17 & 18

Learn essential cooking methods & culinary techniques on day 1 and day 2 will feature cooking around the world.

Parent & Child Cooking Classes | 11 a.m. - 1 p.m.

@ Eastern Illinois University

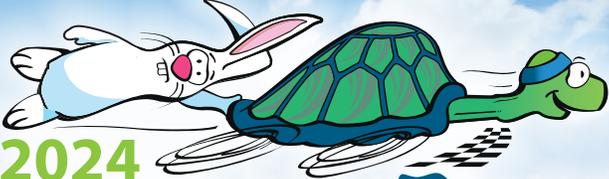
June 11 June 27

June 13 July 9

June 25 July 11

Enjoy a "Taste of Italy" menu theme.

For more information or to register for Summer Cooking Classes, go to sarahbush.org/calendar



2024 Races for all Paces



SATURDAY, JUNE 1, 2024 • EIU

Proceeds from this family friendly event benefit the SBL Dental Program.

Register at: sarahbush.org/races or scan code.



SBL Healthy Communities Summer Programs



Fit Girls & Fast Reads | 9 - 11 a.m.
@ Mattoon Public Library

Mondays & Wednesdays beginning June 10
and ending with Run for the Bagel on July 20
Register at sarahbush.org/calendar



Safe Sitter | 8 a.m. - 4
@ Sarah Bush Lincoln
June 6 July 23
June 7 July 30
June 14



NEW SUMMER CLASS - Fitness in the Park

@ Heritage Park (Downtown Mattoon - S. 17th St. and Broadway Ave.)

Coming Summer 2024!
Introduce your kids to fitness through fun, high-energy group classes you will both love lead by Healthy Kids Educators. This class is geared towards any fitness level, will incorporate kids of any age, and no equipment is

required. Registration will open April 1st. You can find more information coming soon to sarahbush.org/healthycommunities/

Safe sitter is a one-day, nationally certified course designed for children over age 11.

It uses fun and interactive techniques to teach about child care safety and techniques, behavior management skills and appropriate responses to emergencies. Registration opens April 1, and is \$30 per participant. Class size is limited. For more information or to register, please call 217-345-6826 and leave a voicemail, or email Josh at jwhite2@sblhs.org.

Got info or photos of your family being healthy?

Contact Harley Powley, Healthy Kids Educator,
at 217-345-6822 or hpowley@sblhs.org.