

Kenmore Town of Tonawanda

District Wellness Newsletter

February 6, 2020

Student Wellness

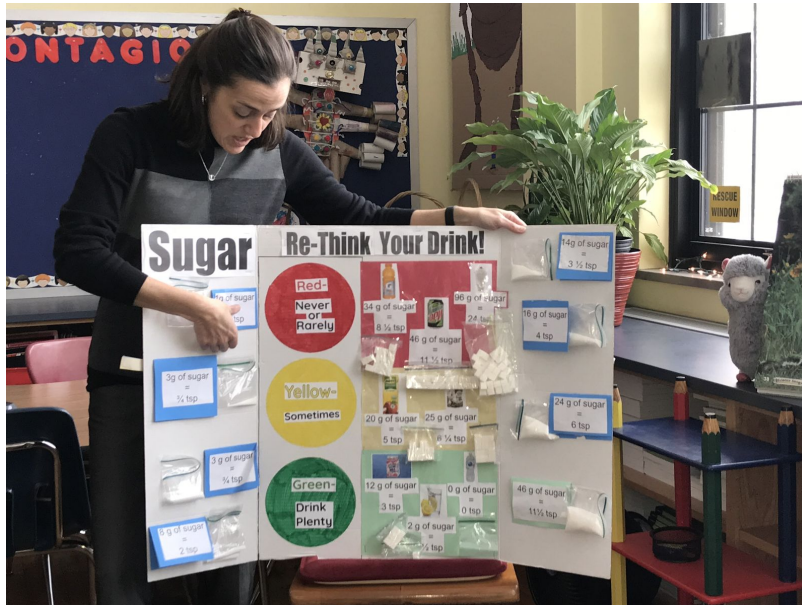
The fitness challenges are on at Hoover Middle School



Hoover Middle Faculty/Staff and Students are able to take part in many different Fitness Challenge's throughout the school year. During the Month of November we offered Our PLANKSGIVING Challenge (Planking for different duration's everyday of November) & the Buffalo YMCA Turkey Trot on Thanksgiving Morning. Faculty and Staff have monthly fitness/Nutrition challenges, such as a Full Body Workout, Arctic 500 (500 minutes of activity during a 1 month time frame) "The Good Life Challenge" (Plant Based 10 day challenge etc. Faculty and Staff Wellness

Student Wellness continued

Franklin Students Learn about Sugar



Students in second grade at Franklin Elementary school learned all about hidden sugars in common foods and drinks during their Health lesson, led by Mrs. Laura Jelonek, our elementary school Health teacher. Students were able to see real life examples of how much sugar is in common foods like fruits, milk, candy, and common snacks. The students then became food label detectives and found sugar on food labels and converted it into teaspoons. It was really eye opening for them to see how much sugar they are consuming and that Americans eat 3 pounds of sugar each week!

[Check out this website for Mindfulness Quotes.](#)



Mindfulness and Yoga help students stay calm



Franklin Elementary provided mindfulness and yoga to help students stay focused and think positive thoughts. Students were taught breathing exercises to regulate their emotions as well as using their minds to take them to a happier place. Children experienced getting blood flow to their brain and helping them move their bodies to get rid of built up energy through fun, interactive yoga poses.

**HAVING A HEALTHY MIND
IS JUST AS IMPORTANT
AS A HEALTHY BODY**

Faculty and Staff Wellness

Hoover Elementary Yoga



Lindbergh Elementary Kindergarten teacher, Julie Lefler came to Hoover Elementary School on Tuesday January 8 to share her love and knowledge of yoga with our staff after school. The staff wellness activity took participants through a full yoga session. Participants found it very relaxing and enjoyed it so much, they asked for more dates!

Check out this local Yoga Studio - [East meets West Yoga](#)

Free Massages for Staff

Kenmore East and Kenmore West have taken advantage of a free massage offer by Inner Balance Chiropractic. Faculty and Staff are asked to fill out a short questionnaire prior to receiving a 10 minute chair massage. Participants are quoted as “feeling much more relaxed” and “appreciative of the time for relaxation and a mindful minute”.

[Check out these resources for practicing Mindfulness](#)

Wellness News

Lions SEE Vision screening



Lions SEE, a free community service vision screening program for children in pre-K, Kindergarten, Grade 1 and Grade 2, recently completed screenings for the Ken-Ton School District. This year, over 1,600 young students had their vision screened, and almost 11% were referred for further evaluation.

The mission of Lions SEE, Inc. (Screening Eyes Early) is to decrease childhood blindness through early detection and treatment of the most common vision disorders that cause amblyopia (commonly referred to as lazy eye) in order to insure that all children of New York State will be able to SEE their future.

Free Dental Services for Children

On Feb. 7th the University at Buffalo School of Dental Medicine is hosting “Give kids a Smile Day” open to children ages 1-18 that do not have access to dental care. This event runs from 9am to 3pm in Squire Hall on the UB Campus. Please use this link to access the flyer.

[Give Kids a Smile Day Flyer](#)



Mindfulness COI Project

The project will provide a detailed description of mindfulness as well as the mind/body connection and how it directly impacts our physical and social emotional well being. The project will be available to those who wish to practice these strategies within their own classrooms as it will be available across all curriculums.

The project is set out to support both the Ken-Ton Forward Strategic Plan to address Social/Emotional Wellness in our schools as well as the NYS Mental Health Curriculum Standards. Research indicates that using Mindfulness techniques increases focus and productivity, creates compassion, decreases stress and anxiety, and positively impacts the body/mind connection creating more patience and empathy towards others.

Check out these other events!

Stay tuned for a **Mental Health Staff Wellness Challenge** coming in March!

Did you know, the school cafeteria offers a **Harvest of the Month**? The food comes from local farms and the staff offers recipes featuring the months harvest.

Congrats to those that took part in the [Good Life Challenge 2020](#). This includes 10 days of a whole food plant based diet.

Look for information coming out soon regarding the **District Interactive Health Wellness Blood Draw**. Please see your building reps for any questions.

Shout out to Kenmore Wests **Elizabeth Askler** for holding after school yoga for staff. Thank You to **Betty Sullivan** for setting it up.



Visit our District webpage anytime for a look at the most current **Wellness Policy**.

The **Staff Step Challenge** will return in May 2020. Look for more information in the coming months or see your building Wellness Rep.

Students at Kenmore East and Kenmore West enjoyed **healthy smoothies** made by cafeteria staff during lunch last month.



Wellness Resources

 <p>Click the logo for suggestions to focus on Mental Health for 2020</p>	 <p>Click the logo for options for in class activity breaks.</p>	 <p>Check out this resource for hundreds of short videos with challenges for social/emotional, nutrition, physical and more.</p>
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Scholarship Opportunity



Independent Health is looking to recognize TWO seniors who are making our community a healthier place by encouraging wellness in unique and great ways!

Winners have an opportunity to win:

- A \$1,000 dollar scholarship
- A plaque recognizing their achievement
- A feature in a special edition of Business First

To qualify, interested students should visit:

<https://www.independenthealth.com/IntheCommunity/Programs/CommunityAll-Stars/WellnessAll-Stars>

The nomination site will be open from 2/3/20 – 3/30/20 and winners will be notified on April 10, 2020.

