



Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.



12 Acts of Christmas Kindness

1. Give a compliment to a stranger.
2. Leave a happy note for someone to find.
3. Make Christmas Cards for soldiers.
4. Donate clothes or toys to charity.
5. Pick up litter/garbage.
6. Tape quarters to a vending machine.
7. Donate food to your local food pantry.
8. Do yardwork for a neighbor.
9. Contact someone you haven't seen lately.
10. Make cookies for the local fireman and/or policeman.
11. Leave a gift in your mailbox for the mailman.
12. Tell someone you are sorry and make amends.



no excuses at-home

HOLIDAY WORKOUT

no equipment required

30 - 60 PLANK HOLD

20 BICYCLE CRUNCHES

15 GOOD MORNINGS

10 SINGLE LEG FLOOR BRIDGES

12 SIDE-ARM PUSH-UPS

20 SWIMMERS

12 SIDE PLANK PULSES

12 CURTSEY LUNGES

20 JUMP SQUATS

repeat as a circuit 2-3x

Recipe of the Month



Ingredients

1. 1 1/2 cups gluten free oat flour (for paleo version sub for 1/2 cup coconut flour)
2. 1/4 cup coconut flour, sifted
3. 1/4 cup granulated sweetener of choice (I used coconut palm sugar but you can use any granulated sweetener)
4. 1 scoop protein powder (optional)
5. pinch sea salt
6. 1/2 cup cashew butter (can sub for any nut butter)
7. 1/2 cup brown rice syrup (sub for pure maple syrup for paleo version)
8. 1/4 cup white chocolate chunks/chips (I used homemade dairy free ones)
9. 1/4 cup unsweetened dried cranberries
10. Dairy free milk of choice*

Instructions

1. Line a large plate with baking paper and set aside.
2. In a large mixing bowl, combine the flours with the granulated sweetener, protein powder (if using it) sea salt and mix well.
3. Stir through the melted nut butter and sticky sweetener of choice and mix well- Mixture should be very crumbly. Add the white chocolate chunks and dried cranberries and mix until fully incorporated.
4. Using a tablespoon at a time, add more dairy free milk until a thick batter is formed.
5. Using your hands, form into small bite sized balls and press firmly onto the lined plate and press to a cookie shape. Use a fork to cross each cookie. Freeze for 10 minutes or refrigerate for 30 minutes until firm.

Notes

1. * Coconut flour brands differ. Depending on that, and also if you use protein powder or not, you may need significantly more dairy free milk.
2. Cookies can be left at room temperature but will be soft and fudge like. For firmer cookies, keep refrigerated.



Snow Fun Activities

Ski, Board, Tube, PLAY!

Nemacolin Woodlands
1001 Lafayette Drive
Farmington, PA 15437
724-329-8555

**Seven Springs
Mountain Resort**
777 Water Wheel Drive
Champion, PA 15622
800-452-2223

Hidden Valley Resort
1 Craighead Road
Somerset, PA 15501
800-452-2223
ext. 7997