**COLONIAL NEWS**

Health Committee Newsletter MARCH 2025

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.

**National school breakfast week**

**March 3 - 7**

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. This special observance during the first week of March celebrates the national School Breakfast Program and the many ways it gives kids a great start every day.

Children who eat breakfast are more likely to:

* Reach higher levels of achievement in reading and math
* Score higher on standardized tests
* Have better concentration and memory
* Be more alert and maintain a healthy weight

Adapted from Source: schoolnutrition.org

*The Albert Gallatin Area School District is a participant of the Community Eligibility Provision (CEP) program for the 2024-2025 school year. This program establishes that all students are eligible to receive breakfast and lunch at no cost to the students.*

## **Managing Stress**

According to the World Health Organization, stress can be defined as a state of worry or mental tension caused by a difficult situation. It is a natural human response that prompts us to address challenges and threats in our lives. Stress can be acute, which can be good for you, but persistent high levels of stress can have a negative impact on our health. It may increase your risk for anxiety, depression, substance abuse, heart attacks, high blood pressure, and obesity. The way we respond to stress makes a big difference to our overall well-being. The first steps to handling stress are to practice healthy habits such as eating a healthy diet, exercising, and getting quality sleep. The healthier you are, the more equipped you are to manage chronic stress and tension. However, even if you are staying healthy, it may not be enough. One of the best approaches to managing stress is to use the Four A’s: avoid, alter, adapt, or accept.

**Avoid** is learning to say no and prioritizing the “must do’s” over the “should do’s”. If you’re feeling overwhelmed, pass up on the things that do not need to be done or attended to.

**Alter** your situation. Communicate clearly and let people know your expectations. If possible, delegate work to others and voice your limitations in advance. Make sure to create a schedule that balances work, family, fun, and some self-care activities in order to avoid burnout.

**Adapt** by changing your standards, expectations, and attitude. Don’t strive for perfection, but instead make reasonable substitutes throughout your life and learn to compromise. Focus on the positive aspects in your life and change your perspective by asking if the stressor will matter in five years. This is a good space to practice gratitude and meditation.

**Accept** the situation when avoiding, altering, and adapting do not work. Be kind to yourself and forgive yourself or others for the current situation. Talk with someone about how you are feeling, such as a close friend or schedule an appointment with a therapist.

Stress is an inevitable part of our lives. How we handle that stress is important for our overall well-being. Next time you are dealing with a significant stressful situation, try putting this Four A’s method into practice.

Source: ACSHIC

Prepared by Lisa Sumey, Central Office Secretary

**Recipe of the Month**

**Baked Chicken Parmesan**

### **Ingredients**

* 1 large egg
* 1/2 cup panko bread crumbs
* 1/2 cup grated Parmesan cheese
* 1/2 teaspoon salt
* 1 teaspoon pepper
* 1 teaspoon garlic powder
* 4 boneless skinless chicken breast halves (6 ounces each)
* Olive oil-flavored cooking spray
* 4 cups fresh or frozen broccoli florets (about 10 ounces)
* 1 cup marinara sauce
* 1 cup shredded mozzarella cheese
* 1/4 cup minced fresh basil,optional

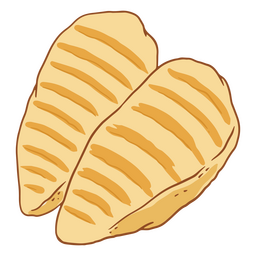
### **Instructions**

1. Preheat oven to 400°. Lightly coat a 15x10x1-in. baking pan with cooking spray.
2. In a shallow bowl, whisk egg. In a separate shallow bowl, stir together the next 5 ingredients. Dip chicken breast in egg; allow excess to drip off. Dip in crumb mixture, patting to help coating adhere. Repeat with remaining chicken. Place chicken breasts in center third of baking pan. Spritz with cooking spray.
3. Bake 10 minutes. Remove from oven. Spread broccoli in a single layer along both sides of sheet pan (if broccoli is frozen, break pieces apart). Return to oven; bake 10 minutes longer. Remove from oven.
4. Preheat broiler. Spread marinara sauce over chicken; top with shredded cheese. Broil chicken and broccoli 3-4 in. from heat until cheese is golden brown and vegetables are tender, 3-5 minutes. If desired, sprinkle with basil.

Source: ACSHIC

## **Healthy Banana Chocolate Chip Muffins**



Chair Squat

* Stand in front of your chair with feet shoulder-width apart.
* Lower yourself into a sitting position without actually sitting down.
* Keep your weight on your heels and maintain a straight back.
* Rise back to the standing position.

Tips: Chair Squats for Beginners:

* Use the armrests for support if needed.
* Focus on smooth, controlled movements.
* Gradually reduce the use of armrests as you gain strength

Before starting any exercise talk with your doctor to make sure they are safe for you based on your [fitness level](https://www.verywellfit.com/home-fitness-tests-3120282) and health conditions.

Source: autonomous.ai

(Source: EdLogics)

