

# NDS WELLNESS NEWSLETTER

December 2018

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## *Nutrient Standards*

Welcome to the December issue of the NDS Wellness Connection for the 2018-2019 school year! NDS recognizes that student wellness, proper nutrition, and regular physical activity are important to a student's well-being, growth, development, and readiness to learn. This issue includes healthy holiday treats, Christmas fitness activities and tips for healthy classroom celebrations. We hope you are ready to continue focusing on wellness this month through healthy celebrations!

--NDS Staff

For more information visit: [NDS Wellness Program](#)

The Archdiocesan Wellness Policy promotes a healthy school environment through student wellness, proper nutrition, and regular physical activity.

Interested in becoming a part of the wellness advisory council?

Contact Jean Falk, RD at [jfalk@ndsarch.org](mailto:jfalk@ndsarch.org)

Questions, Comments, Suggestions

Email: [info@ndsarch.org](mailto:info@ndsarch.org)

Phone: 215.895.3470

# Healthy Classroom Celebrations

Healthy celebrations provide a great opportunity to promote healthy lifestyles, consistent messaging, and create excitement around nutritious choices and physical activity. The winter holidays are a popular time for classroom parties. Use this time to share healthy foods and inspire students with ways to stay active during the holiday season!



Classroom parties can be a great way to reinforce nutrition education and to eat better together.

*\*Use a MyPlate image as a placemat to discuss the foods you're eating and where they come from--this also helps reinforce nutrition lessons.*

*\*Compete between classes or within your own for the tastiest healthy treat.*

*\*Ask parents to bring in holiday foods children may not have tasted before. Discuss where they grow, what cultures use them, and then have a tasting party.*

*\*Break students into "five food groups" and have them bring snacks featuring their food group. This includes fruits, vegetables, whole grains, protein, and dairy.*

*\*Explore cultures and have students share their family celebration traditions.*

*\*Have a "color" theme treat party. For example, in December host a "red and green" party. Have students list fruits and vegetables that are red and green and brainstorm ways to make them into fun treats!*

# Healthy Classroom Treats

Make good nutrition the expectation and the easy choice by offering fruits, vegetables, whole grains, low fat/fat-free dairy products and water. Plan celebrations that make it easy for children to practice making healthy choices!

## Candy Cane Skewer

Alternate cherry tomatoes and low-fat mozzarella cheese cubes on a skewer to make a candy cane themed treat! You could also try alternating strawberries and bananas!



## Snowflake Sandwiches

Make simple sandwiches using whole-grain bread, low-fat cheese and lunchmeat. Then use holiday cookie cutters to make fun and unique sandwich shapes

## Snowman Party Cups

Decorate the outside of a clear plastic cup to look like a snowman. Fill the cup with popcorn and enjoy!



## Applesauce Rudolph

Add googly eyes, pipe cleaner antlers, and a nose to an upside down applesauce container for a festive spin on a favorite treat

# 12 Days of Fitness Challenge

Holiday inspired fitness activities students will love! Play holiday music during each activity to add extra cheer! This is a great activity for family as well!



**Day 1-** Hold tree pose for 30 seconds (5x)

For yoga poses visit <https://www.yogajournal.com/poses/yoga-for/kids>

**Day 2-** Dance to holiday music for 3 minutes (3x)

Ask students for song suggestions.

**Day 3-** Complete 20 squats (3x)

**Day 4-** Hold warrior pose for 30 seconds (5x)

**Day 5-** Present peekers (10x)

Start on your hands and knees--hands under shoulders and knees under hips.

Slowly bend your arms lowering your body, face and chest towards the floor to peek under the tree.

Slowly straighten arms keeping stomach muscles tight to protect back.

**Day 6-** Check the chimney

Stand with feet shoulder-width apart.

Move arms and legs as if you were climbing a ladder--keep stomach muscles tight and upper body tall.



**Day 7-** Complete 20 jumping jacks (3x)

**Day 8-** Snow man walk (20 seconds 2x)

Start with narrow marches.

Walk with feet shoulder-width apart, moving arms back and forth (elbows bent) for 10 seconds.

Move feet wider apart, knees slightly bent and continue to walk for 10 seconds.



## ...12 Days of Fitness Continued

**Day 9-** Reach for the ornaments (triangle pose, 5x)

**Day 10-** Candy cane twist (10x)

Stand with feet shoulder-width apart, knees slightly bent and arms out to the side (parallel to the floor).

Twist upper body to the left, lower body to the right, and reverse in a continuous motion.

Slowly twist down to the floor by slowly bending your knees while twisting upper and lower body.

Slowly rise up by straightening your knees while continuing to twist upper and lower body.



**Day 11-** Chair pose for 30 seconds (5x)

**Day 12-** Popcorn garland (30 seconds)

Crouch down into a little popcorn kernel, head tucked in towards the chest and arms folded across the front of the body.

Start Jumping on the spot.

Continue Jumping as the kernel gets bigger and bigger (standing up)



For more information visit

<http://www.actionforhealthykids.org/tools-for-schools/find-challenges/on-the-playground-challenges/1223-fitness-circuit-course/1309>