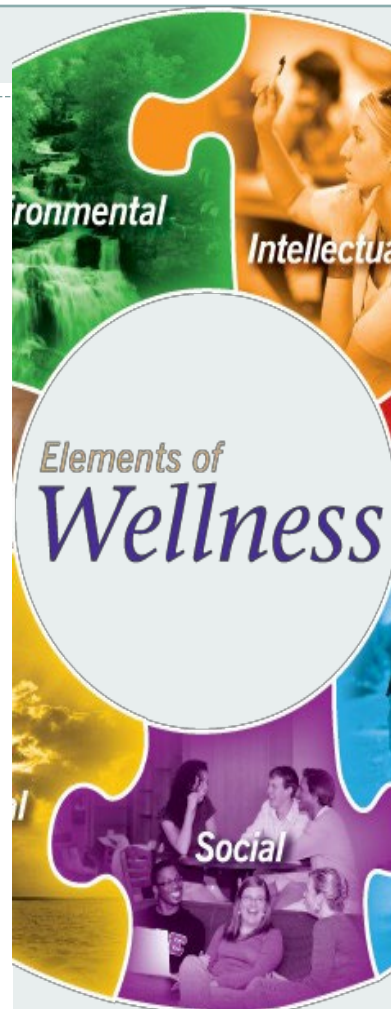


SCSD WELLNESS

Shenandoah Community School District Wellness policy is important to our students and our staff. Wellness incorporates the whole well-being of individuals. Wellness includes the social, intellectual, occupational, physical, spiritual, and emotional social aspects of your life.

At SCSD, we want to help you reach the best of you, by giving you ideas to incorporate ideas at home and with your families.

If you haven't checked out SCSD wellness policy, you can find it on the district's website-nutrition.





PLAY HARDER!

As the weather turns colder, you are more likely to find indoor activities to keep you busy, such as screen time. Try to still include activity in your day. You don't need to buy any fancy equipment, but simply

having a dance party or following a physical activity video can boost your mood and your get in those 60 minutes recommended daily!

“Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.”

Cook this holiday season with your children!

Cooking at home helps your child understand the importance of balanced eating and looks at the financial part of buying groceries and incorporating them into healthy recipes for your family.



HEALTHY SUGAR-COOKIE CUT OUTS

Ingredients:

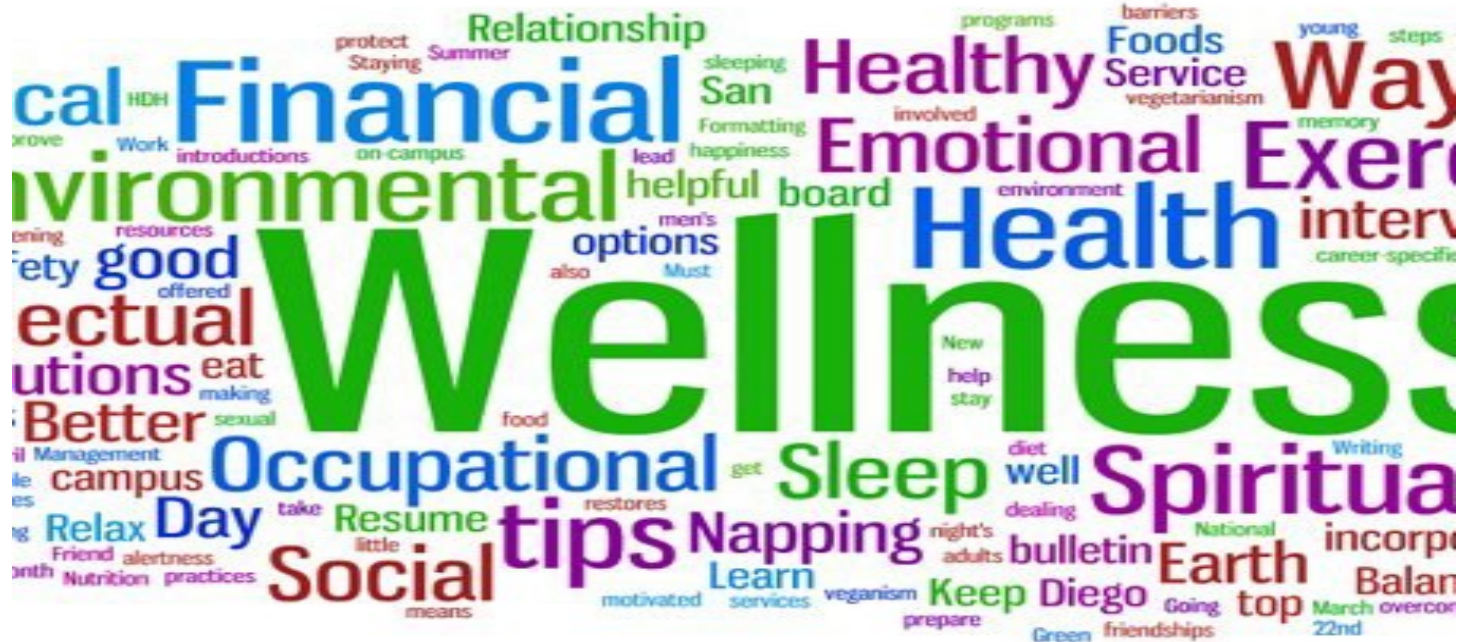
1 cup + 6 tbsp (165g) white whole wheat flour

- ¾ tsp cornstarch
- ¼ tsp baking powder
- ¼ tsp salt
- 2 tbsp (28g) unsalted butter, melted and cooled slightly
- 1 large egg, room temperature
- 1 tsp vanilla extract
- ¼ cup (60mL) honey
- ¾ tsp [vanilla stevia](#)

for the icing

10 tsp confectioners sugar/2 tsp nonfat milk

1. To prepare the cookies, whisk together the flour, cornstarch, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the butter, egg, vanilla extract, and butter extract. Stir in the honey and vanilla stevia. Add in the flour mixture, stirring just until incorporated. Transfer the dough to the center of a large sheet of plastic wrap, and shape into a 1"-tall rectangle. Cover the top with another large sheet of plastic wrap. Chill the dough for at least 1 hour. Preheat the oven to 350°F, and line two baking sheets with [silicone baking mats](#) or [parchment paper](#).
2. Leaving the cookie dough between the sheets of plastic wrap, roll it out until ¼" thick. Lightly flour your cookie cutter, and press it into the dough, making sure each shape lies as close to its neighbors as possible to minimize unused dough. Peel the unused dough away from the shapes, and bake.



HOW TO INCREASE YOUR ZZZ'S!

17 ways to Increase Your ZZZ's!!!

1. Increase bright light exposure during day
2. Don't consume caffeine late in the day
3. Reduce irregular or long daytime naps
4. Wake up at consistent times
5. Take a melatonin supplement
6. Consider taking other supplements
7. Don't drink alcohol
8. Optimize bedroom environment by having little light and noises
9. Set your bedroom temperature to around 70F
10. Don't eat late in the evening
11. Relax and clear you mind
12. Take a bath or shower before bed
13. Make sure you don't have a sleep disorder issue
14. Make sure you have a comfortable bed and pillow
15. Exercise regularly, but not right before bed!
16. Don't drink liquids before bed
17. Make a bedtime routine! Getting zzz's helps decrease obesity and helps with overall physical wellness!