



HEALTH & WELLNESS

Zachary Community Schools • August 2022

Back-to-School Transition Tips

- Re-establish bedtime routine. If needed, adjust bed time 15 minutes earlier each night. **SLEEP IS CRITICAL!**
- Practice morning routines. For youngers students, promote independence by reviewing morning and afternoon tasks they can do on their own.
- As a caregiver, re-examine your expectations and your child's expectations. The first few weeks can take a toll on everyone at home physically, mentally, and emotionally.
- Review your student's schedule so they are aware of who's dropping them off, picking them up, what classes to expect, and what times these things occur.



WELCOME!

We are excited to begin another school year and to also provide social-emotional and mental health support to our Zachary Community School District's students, families, and employees. This newsletter is intended to bring health and wellness awareness, information, and resources to our community through our Child Nutrition Program.

Self-Care for Teachers

GET INTO THE HABIT OF DAILY EXERCISE:

Exercise is a natural stress reducer, increases energy and calms the mind.

SET BOUNDARIES:

Set work boundaries and stick to them. Limit evening and weekend working.

GET PLENTY OF SLEEP:

The ultimate in self-care! Sleep will reset your body and mind.



School Nutrition Program Spotlight



Meet Catherine Young



Manager for Zachary High School

The Zachary Community School District Child Nutrition Program and Louisiana Fit Kids celebrates Ms. Catherine Young as this month's School Nutrition Program Manager Spotlight! Ms. Young's career includes twenty-four years of food service experience including two years as the Manager at Zachary High School. Her hard work and dedication shines through every day. She is passionate about the well-being of children and always puts her best foot forward. We express gratitude and thanks for Catherine Young's tireless efforts and commitment to Louisiana kids!



louisianafitkids.com



YouTube

Child Nutrition Program HIGHLIGHTS

Meet Ms. Catherine Young, CNP Manager at ZHS! She has been chosen for the Manager Spotlight by Nutrition Support-Louisiana Department of Education.

CONGRATULATIONS!

Burrito Bowls

Ingredients:

- 1 1/2 cups brown or jasmine rice
- 1 rotisserie chicken, shredded
- Salsa
- 15 oz. can black beans, no sodium, drained
- 1 cup shredded cheddar cheese
- 1 cup guacamole
- 1/3 cup sour cream



Instructions:

- Cook rice according to package directions.
- Prepare your bowl toppings by transferring them into bowls.
- Heat chicken and shred meat, using two forks on a cutting board.
- Fill serving bowls with cooked rice, top with chicken, salsa, and desired toppings.

*For low carb, use cauliflower rice

Raised heart rate to 170 bpm
40-60 mins, 3-4x per week
= 5-10% improvement in
aerobic fitness in 8-12 weeks.



Resistance training 2 or 3x
per week improves muscle
strength and endurance.



Every 15 minutes of exercise
improves academic
performance by an average
of about a quarter of a grade.



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