

Wellness Wednesday: 2.12.2020

1. Bingo winners

Thanks to all who participated in the annual Healthy Habits B-I-N-G-O 2020! Congratulations to the winners of the randomly drawn cash prizes from all participants! Pick up your \$25 prize at Central Reception beginning tomorrow.

Nicole Brubaker, PGEC **Christina Debolt, West** **Jessica Boyer, DOB** **Cortney Reedy, CMR**

2. Take your time!

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your nutrition goal, don't give up! Take a look at the following resources from My Plate. Click on the following resources: [Reach Your Nutrition Goals](#) [Get Your MyPlate Plan](#)

3. Fun AND Healthy Valentine's Day Ideas

Plan to put a little "fun" in to your valentine day food choices. Listed below are sites with healthy as well as creative ways to celebrate the day!

Heart shaped pizza, cupcakes made from beets, strawberry and cherry items too!

<http://www.eatingwell.com/recipes/19921/holidays-occasions/more-holidays/valentines-day/>

Fun breakfast ideas! Plan to make these on Saturday when you have more time.

<https://www.kimscravings.com/breakfast-recipes-valentines-day/>

Super Healthy Kids is a great site, not only for Valentine's Day but every day!

<https://www.superhealthykids.com/parenting/12-candy-free-valentine-ideas/>

4. Closures: Fitness Center, Classes and Pool

- Due to Presidents Day the Fitness Center and Pool will be closed February 17, 2020. All fitness classes will be cancelled for that day.
- No Aqua Class on February 6, 13, 20 due to high school events. Class will resume Feb. 27, 2020.
- ZUMBA is cancelled for Thursday, February 13, 2020.

5. GFPS Wellness Facebook Page

Look for our page on Facebook! Lots of great information, fun quotes and more. Invite friends and family to the page. Look for Great Falls Public Schools Wellness or you may also search @gfpswellness <https://www.facebook.com/gfpswellness/>

6. Online Safety Training Options From GFPS Safety & Transportation Department

GFPS has partnered up with MSGIA to once again offer an online safety training incentive to all District staff through Safe Schools. Please view the attached safety training information sheet. The incentive will run Feb 1st through April 30th. Every Great Falls Public Schools employee that completes an online training course during this time has the opportunity to sign up for a \$50.00 card drawing. MSGIA is offering 7 cards for the 2019-

2020 Spring incentive. Please feel free to contact the GFPS Transportation/Safety office if you have any questions.

[Click here](#) to view the program details.

Visit the Employee Wellness Website

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

Visit the Student Wellness Website

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness