

Wellness Wednesday: 2.5.2020

1. Valentine's Day Can Be Healthy!

Check out these healthy suggestions for Valentine's Day:

<https://www.healthiergeneration.org/campaigns/healthy-valentines-day>

2. Give lettuce wraps a try!

Cook ground chicken, turkey or beef and add in your favorite toppings—carrots, mushrooms, beans, onions, tomatoes brown rice or quinoa; the possibilities are endless!

[Add More Vegetables to Your Day](#)

[Liven Up Meals with Fruits and Vegetables](#)

3. Red Ribbon Week 2020 National Theme Announced!

Great Falls Public Schools has been part of the Community Red Ribbon Team for many years. It is fun to see the community supporting our schools during this very important week. [Click here](#) to view the announcement of the 2020 theme.

4. Healthy Habits B-I-N-G-O 2020—Winding Down!

Begins: Jan. 8 Ends: Feb. 7 → 31 days to complete the challenge!

This challenge is designed to encourage you to try a variety of activities to improve your well-being. This is a fun way to experience and learn new ways to live a healthier, happier lifestyle. Simply complete the activities as you are able. Please share with staff who may not have regular access to a computer. The rules are easy: Get your BINGO card on the Employee Wellness website: <http://gfpsweb.weebly.com/gfps-wellness.html>

BINGO NEWS: if you have finished the challenge—here is the link to get yourself entered in the drawing for one of the randomly drawn cash prizes! Click here to complete the survey: <https://forms.gle/U5DVrZxPrgBLRu8N8> **Deadline is Monday, February 10, 2020 at 5:00 pm.**

5. Handy Dandy Meal Planning Tool

This step by step guide is brought to us by the Holiday Challenge folks. Check it out! I am sure we could all use a little assistance in this area.

<https://esmmweighless.com/meal-planning-101-an-easy-step-by-step-guide/>

6. National Children's Dental Health Month (Source: Health in the 406)

- [Dental sealants](#) are thin coatings that prevent 80% of cavities in the back teeth, where 9 in 10 cavities occur. [Untreated cavities](#) can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.
- In the [2017-2018 school year](#), 62% of third grade children in Montana had experienced tooth decay, and almost 15% had decay that hadn't been treated. Only 48% of Montana's third grade children had at least one dental sealant.
- Parents can ask their child's dentist to apply sealants. If a child does not have a regular dentist, the [Insure Kids Now Dentist Locator](#) can help locate one.

7. Pool Closure Dates!

In case you missed it in Newsbits: No Aqua Class on February 6, 13, 20 due to high school events. Class will resume Feb. 27, 2020.

8. Keep Your School Healthy! Tips for exactly that. [Click here](#) to read.

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