

# Mabel-Canton Schools April Wellness Newsletter

## Vitamin D Is Working For YOU!



### Why is Vitamin D so important?

→ Vitamin D's main job is to make sure calcium and phosphorus levels are normal which helps with bone growth and repair; but it is also critical for cardiovascular function, immunity, and regulation of over 200 genes.

### How do you get Vitamin D?

→ Sun, supplements, and diet. The American Journal of Clinical Nutrition noted that 90% of Vitamin D in the body came from sun exposure in individuals who did not take supplements. Diet is definitely an option, but keep in mind Vitamin D is a fat-soluble vitamin. Fat soluble vitamins must be consumed with a decent amount of fat in order to be efficiently absorbed. Fish, eggs, milk, mushrooms, cheese, and fortified cereals and juices are all good sources.

### How can you make sure you are getting enough Vitamin D?

→ Skin tone, sunscreen, and winter months can impact the amount of Vitamin D your body can make. And, sunscreen, with an SPF of 30 blocks rays so well that Vitamin D production can be reduced by 95%. In this case, a small amount of sun exposure prior to sunblock application may be helpful.



You are  
Some  
**BUNNY**  
Special!



Enjoy sunlight and nature

Rest, recreate, restore and  
recharge

Move and play everyday

Accentuate the positive



## Healthy Eating TIPS for Everyone!

- **Everything you eat and drink matters.** Small changes, a little at a time, can help build healthy habits.
- **Make half of your plate fruits and vegetables.** The nutrient availability of fruits and vegetables are ideal. Adjust the "main attraction" of your plate to highlight foods from these two food groups.
- **Vary your veggies.** Did you know there are FIVE vegetable subgroups? Each subgroup offers a unique variety of beneficial nutrients.
- **Eat whole fruits.** Whole fruits can be fresh, frozen, dried, and canned. With whole fruits comes fiber. Fiber helps to boost digestion, control blood sugar, and lower cholesterol.
- **Choose whole grains (at least half the time).** Whole grains provide protein, fiber, and a variety of vitamins.
- **Vary your proteins.** Proteins come in all shapes and sizes. Beans and peas, nuts, seeds, seafood, and lean meats are all protein-rich.
- **Drink water.** Water has no calories or sugar, and it quenches thirst better than any other option.
- **Consider some foods to be "sometimes foods".** Typically, these are foods high in saturated fats, sodium, and added sugars.
- **Build a healthy relationship with food. Be open to trying new foods and recipes.** Avoid criticizing food choices (yours or a family members'). Let yourself experience holidays and special occasions. As a rule, avoid "dieting" and food restriction (unless it is necessary for an allergy or illness).



## Four Components of Healthy Relationships

### TRUST

- Partners are Honest and Accountable
- Partners are Dependable
- Partners believe in Each other
- Feeling safe both emotionally and physically

### BOUNDARIES

- Defined as limits we use to protect ourselves
- Part of respecting yourself and other people is understanding and honoring these boundaries
- Each partner is true to their self & real with each other

### RESPECT

- Use respectful language, even in disagreement
- Partners are supportive and open-minded about differing beliefs and views
- Partners value and Accept each other
- Fairness and Equality for both partners

### COMMUNICATION

- Partners speak-up when they have an issue
- Engage in equal parts speaking and listening!
- Partners do not bring up past events or situations
- Talking face to face
- Partners support one another

happy  
Easter

### Real Friends

- ♥ Support you
- ♥ Encourage you
- ♥ Do not tease or belittle
- ♥ Cooperate
- ♥ Considerate
- ♥ Apologize
- ♥ Communicate
- ♥ Tell you the truth
- ♥ Make you happy
- ♥ Compromise
- ♥ Talk openly

VS.

### Fake Friends

- ☹ Lie
- ☹ Withhold information from you
- ☹ Always bring you down
- ☹ Talk about you behind your back and deny it
- ☹ Talk badly about your other friends
- ☹ Tease you to make others laugh

### Being Active with Friends

- ① Go for a walk.
- ② Go site seeing nature hike
- ③ Play a sport -basketball, golfing, volleyball, tennis
- ④ Swimming
- ⑤ Canoeing, kayaking

## Happiness Is Contagious

1. Find what makes you happy AND enjoy it.
2. Don't compare what makes you happy to what makes someone else happy.
3. Let your happiness flow outward to those around you. Let others see it.
4. Share WHY you are happy. Let others know what makes you happy.
5. Spread the joy. Remember that even the smallest interaction can leave a lasting impression. Smile. Be kind. Consider how you can make someone else's day better.

## Relationships Matter

“People who are happier, healthier, and live longer tend to have built strong connections with the people around them (family, friends, work colleagues, and neighbors). These relationships provide love and support, and they have the potential to encourage a sense of belonging and feelings of self-worth... all of which is essential for happiness.”

“A SINGLE ACT OF KINDNESS  
THROWS OUT ROOTS IN  
ALL DIRECTIONS, AND  
THE ROOTS SPRING  
UP AND MAKE  
NEW TREES.”

AMELIA EARHART

