

WELLNESS

When "I" is replaced with "WE"
even illness becomes wellness.

InspirationalQuotes.Club

TEWKSBURY

FALL/WINTER 2015

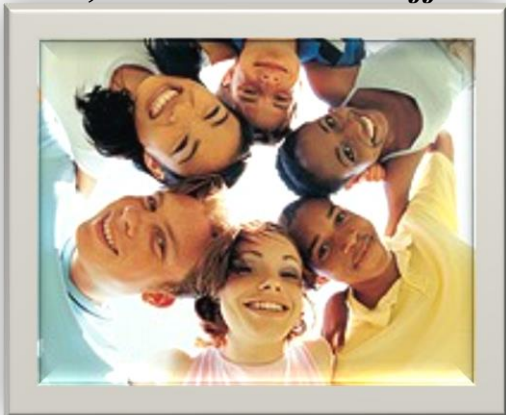
This newsletter is brought to you by the Tewksbury Wellness Advisory Committee and dedicated to educating Tewksbury families about important topics to keep our community healthy.

Communicate – Collaborate – Celebrate!

Tewksbury Public Schools has restructured the Wellness Advisory Committee to expand our efforts and work collaboratively for the common goal for our **community** to provide a healthy and safe environment for our students and all citizens.

Tewksbury Public Schools' environment can be a powerful influence on the students eating behaviors and physical activity. The Surgeon General has identified schools as the key settings for public health strategies. We realize that nutrition education and physical activity is most effective when integrated throughout the **school**, reinforced at **home** and supported by the **community!**

Together, we can make a difference!



Meet the Wellness Advisory Team



Matt Castonguay, Principal, Trahan Elementary School

Lou Ann Clement, Director of Board of Health
Rob Drouin, Athletic Director, Tewksbury Public Schools

Jeanne Dunn, Nurse

Gail Johnson, Administrative Assistant,
Superintendents Office

Sarah Kinghorn, Town Nurse

John Lyons, Director Community Services,
Tewksbury Public Schools

Kathy Macdonald, Parent

Patricia Meuse, Administrative Assistant,
Business Office

Jayne Miller, Tewksbury School Committee

Deb Mugford, Director Food & Nutrition Services,
Tewksbury Public Schools

Ginny Perron, Parent

Maria Ruggiero, Substance Abuse Collaborative
Program Director, Tewksbury Police Department

Ashley Springman, Director Council of the Aging
Wendy Taylor, Parent

Elanie Walsh, Head School Nurse, Tewksbury
Public Schools

Jennie Welch, Tewksbury Police Department

The School Nutrition & Fitness Mobile Web Menus app hit the App Stores!

Submitted by Deb Mugford, Director Food & Nutrition Services

We are pleased to announce a new Mobile Menu App that offers an easy way to view menus and nutrient information for products right from your smart phone. The new Web Menus mobile App includes:

- Interactive Nutritional Menus
 - Daily menus
 - Menu item nutrient information
 - Menu item description
 - Menu item photos
 - Menu item allergens
- PDF Documents
- Link to Online Payment Provider
- Link to Nutrition Services website
- Info section "All About School Lunch"

This is just one more step we are making in an effort to continually improve the quality of the menus we offer our students and raise the bar on the standards of our school meals. Our focus is on enhancing the diet of students with more nutritious choices here at school and by providing nutrition education that will help students form healthy habits that last a lifetime!

Key nutritional improvements that we have made include offering a variety of more fruits, vegetables, whole grains, and fat-free and low-fat milk with our meals. We are also reducing the levels of sodium, saturated fat and have eliminated added trans fat. We do not supersize our meals, but instead strive to meet the nutrition needs of students within their age specific calorie requirements.

The "Web Menus" App is free and available at App Stores!



Web Menus by School Nutrition & Fitness
by ISITE Software



App Store



Google play



Going Green!
Menus



Click to sign up to have your menus emailed automatically

You can also have menus automatically emailed monthly. Click [here](#) to subscribe.

TMHS Winter Athletic Program

Submitted by Ron Drouin, Athletic Director

November 6th: The first meeting of the TMHS Athletic Captains Council took place. The Council will meet on the first Friday of every month to discuss various topics, including: Drugs and Alcohol, Conflict Resolution, Hazing, Team Building and Interview Skills/Social Media.

Our first speaker scheduled is Dan Ventura of the Boston Herald to discuss social media in athletics, and interview skills. Looking forward to Dan's visit on December 4th.

November 17th: Winter sports sign-up and meet the coaches night. Officer Welch provided information regarding Drugs and Alcohol to Parents at a booth outside the Auditorium.



Teach your athlete to elevate, rest, ice, meditate, distract from the pain, rather than relying on medications alone.

When your student is injured, keep watch on the pain level and the use of medications. Keep track of the medications and possibly keep count. Once the treatment is complete, get rid of the extra medication. Do not

flush it down the wastewater system. There is a box in the front lobby of the Police Department that is used for this purpose. It is always there and easy to use. Put the leftover medication in a zippered plastic bag and slide them in the kiosk. That easy! Below is a list of medications you may be prescribed that are opioids. Always use caution with these medications and always check with your prescriber about how long to use these medications and when to decrease their use.

- Morphine
- Percodan
- OxyContin
- Demerol
- Codeine
- *Oxycodone*
- Percocet
- Vicodin
- Tylox
- Methadone
- Buprenorphine
- Hydrocodone
- Fentanyl
- Tramadol
- Ultram
- Tylenol with Codeine
- Tylenol #3

SPORT INJURIES AND SAFE RECOVERY

Submitted by Elaine Walsh, RN Heath Brook School

When your student athlete is seen for an injury, the job of healing starts with proper stabilization of the injury, such as taping, bracing, wrapping or casting. Then comes pain relief, and many care providers will prescribe an opioid pain reliever for post-surgical or orthopedic injury. This is common and correct practice.

But sometimes, when the pain is gone, people continue to use the pain reliever. This can cause your brain chemistry to start to crave more. Just like one piece of cake is good, two might be better. This can lead a person down a slippery slope of addiction. As the injury starts to heal, you can switch to plain medications such as Tylenol or Motrin instead of the stronger meds.

Substance Abuse Prevention Initiatives and Education

Submitted by Tewksbury Police Department
Officer Jennie Welch 978-851-7373 X230
Maria Ruggiero 978-851-7373 X352

Family Support Group

Learn to Cope is a peer led support group for parents/caregivers and family members struggling with a member of the family who is addicted to opioids, alcohol and other drugs. We are facing a critical opioid epidemic country wide. Learn to Cope provides support, guidance and the well-being of knowing you are not alone. Call 508-738-5148 if you need help or have any questions. Web page is www.learn2cope.org for a variety of information including an on-line confidential forum.

Meetings every Tuesday 7–8:30 PM
Tewksbury Memorial High School
320 Pleasant Street Room A209
(Instructional Room)

Unwanted Medication Disposal

The first place teens say they get prescription medications is out of his or her medicine cabinet or the medicine cabinet of friends. It is unsafe for the environment to flush unwanted medication down the toilet or put in the trash. Protect your family and the environment we live in by properly disposing of your unwanted and expired medications. Bring medications in a zip locked plastic bag, to the police department to dispose. Kiosk is located to the right as you walk into the door. Also remember to store your medications in a safe place where no one can take them.

Substance Abuse Education

October was Substance Abuse Prevention Month and we brought a variety of speakers to the communities and schools as well as an overdose vigil to remember ones lost. Our youth in grades K-4 participated in a "Healthy Me" poster contest, grades 5-8 were asked to write an essay on how they deal with every day pressures, and our High School students were invited to create a PSA on the danger of prescription medication abuse. Congratulations to everyone who participated and a special congratulation to the following winners.

Isabella W
Justin H
Kayleigh M
Megan P
Srivas A
Kyle B
Ella T

Caroline C
Nathan B
Ava T
Cayla C
Nahla E
Ella D
Bekah G

Brennan H
Robert W
Dasia A
Rebecca J
Renuka L
Tea N
Kyla G

Alicia A
Brooklynn D
Kendall V
Kassidy M
Brian W



Know the Proper Way to Reheat Food and Keep Food Hot

Submitted by Tewksbury Board of Health Department

Thoroughly reheating food is important to kill disease-causing bacteria. Even when foods are cooked properly, these bacteria can be present. If the food is slowly cooled, bacteria may grow and cause a foodborne illness. This is because bacteria multiply rapidly in the **danger zone** - between 41°F and 135°F. Proper reheating will help you prevent a foodborne illness.

Reheating must be completed in less than 2 hours.

Keep Hot Foods at or above 135 F°

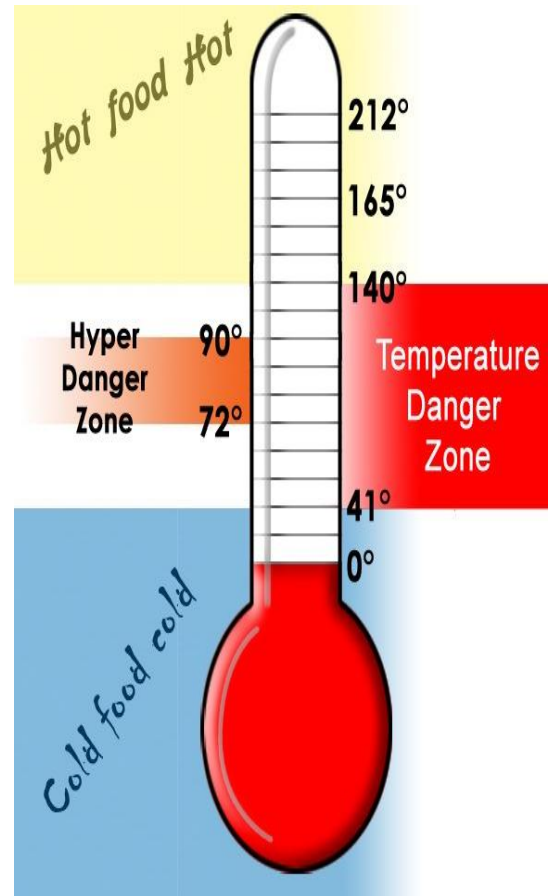
Keep Cold Foods at or below 41 F°

DANGER ZONE 41°F - 135°F

When using a microwave for reheating, stir and/or rotate food midway through the heating time to eliminate cold spots where harmful BACTERIA can survive. Allow the product to stand covered for 2 minutes to ensure thorough reheat.

To maintain food quality, reheating the same food more than once is not recommended.

Visit the USDA Food Safety site [here](#).



For more information

Tewksbury Board of Health
175 Chandler Street
Tewksbury, MA 01876
[978.640.4470](tel:978.640.4470)

Office hours: 8:00 AM to 4:30 PM
Monday through Friday

When in doubt – throw it out!

Do You Need Help With Your Home Heating Costs?

You may be eligible for Fuel Assistance through Community Teamwork Inc.

Submitted by COA Director Ashley Springman, MS, LSW. Tewksbury Council on Aging

Applications have been mailed from CTI to individuals who received fuel assistance last year. We now have applications for new households interested in applying for fuel assistance. If you need any assistance filling out your form please contact Nicole Hutcheon at 978-640-4482 to make an appointment. _

NEW Applicants must bring the following information/documents:

Identification: Driver’s license or legal photo ID.

If unavailable you must provide birth certificate and social security card.

Proof of income: Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

Home owners: Copy of mortgage if you still are making payments, current tax bill and copy of homeowner’s insurance.

Renters: Copy of lease and proof of rent payments.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

Previous Applicants must bring the following information/documents:

Proof of income: Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric, gas and/or oil bill.

Click [here](#) for complete brochure

Household Income Guidelines (2015-2016)

Household Size	Maximum Gross Income
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704
5	\$73,897
6	\$84,089

6th Annual “Health and Wellness Fair” for the Whole Family

The Tewksbury Board of Health together with the Tewksbury Council of Aging will hold the 8th Annual “Health and Wellness Fair” for the **Whole Family** on Wednesday, **April 6, 2016**, from 2:00 PM to 6:00 PM at the Senior Center located at 175 Chandler Street Tewksbury. The 2016 Fair will take place during National Public Health Week.

The Fair is open to all and will provide health, safety, and preventative educational information. Some of the items available are; Hospice Services; Dietician/Pharmacist Services; Blood Pressure Screenings; Eye Screenings, Refreshments, and much more -- all for **FREE**.

If you are interested in being an exhibitor, there is space available.

We hope to see you all on Wednesday, April 6, 2016 at the 8th Annual Health and Wellness Fair!

For more information please contact the Board of Health’s office at 978-640-4470.

Healthy Recipe Ideas

We are committed to supporting our community in the areas of nutrition, fitness, and a healthy lifestyle! We hope you like the following recipes. They are healthy and packed with flavor for you and your family. Enjoy!

Quick & Easy Recipes!



Healthy Breakfast Recipes -

Jump Start Your Day! Breakfast is the important meal of the day, make it a top priority! Breakfast fuels our body with nutrients and energy and is shown to help us maintain a healthy weight. Did you also know that kids who eat breakfast are more alert and typically do better at school? Enjoy these healthy habit recipes to start your day off right!



Healthy Lunch Recipes - Easy to Make at Home When children eat lunch at school they are more likely to consume milk, meats, grains and vegetables. They also have higher nutrient intakes - both at lunch and over the course of an entire day. Here are some healthy lunch recipes that you can make at home!



Healthy Dinner Recipes -

Eating Dinner Together Family meals are a great time for parents to connect with their kids and share the details of the day. Plus, kids who eat regularly with their families are less likely to snack on unhealthful foods. Try to eat meals together as a family at least 3 times per week.



Healthy Snack Recipes -

Delicious Snack Ideas Kids often need snacks to help them get through the day. Choosing healthy snacks that add nutrients, like vitamins and minerals, to their diets is essential. Enjoy these recipes and the smart snacking ideas that will help your kids get their daily nutrient requirements.



Healthy Dessert Recipes -

Featuring Fresh Fruits Desserts don't have to be laden with fat, sugar and empty calories to taste good. Look to the natural sweetness found in fresh fruit for your next dessert. These recipes are quick, easy and healthy...and best of all, they'll keep your family coming back for more!

Eating the right amount of fruits and vegetables as part of a low fat, high fiber diet may lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level.

Don't forget to be active, too! Being physically active gives you more energy. It helps lower stress. And, it helps you keep a healthy body weight. To take care of your health and lower the risk of serious health problems, adults need at least 30 minutes of moderate-intensity physical activity every day (like dancing, walking, or doing yard work). Children need at least 60 minutes of physical activity every day.

Recipe Sources: Network for a Healthy California, www.cachampionsforchange.net and the Chinatown Public Health Center, San Francisco Department of Public Health, and the USDA Food Stamp Program, through the California Nutrition Network for Healthy, Active Families.

For more activities visit the Tewksbury Public Schools Food & Nutrition website. Click [here](#).

Wellness Advisory Council Meetings

Location

Tewksbury Memorial High School

Large Group Instruction Room

3:30 PM

Future Meeting Dates

January 25, 2016

March 28, 2016

May 23, 2016

This is an open meeting and all are welcome

Or

Share your ideas to wellness @tewksbury.k12.ma.us

Visit the Tewksbury Public Schools website to view the revised Wellness Policy at
www.tewksbury.k12.ma.us