

BEE WELL

Thomas County Wellness Newsletter

April 2024

Vol. 48

APRIL
— STRESS —
AWARENESS
— MONTH

Free. Confidential. Supportive.

GEORGIA'S PUBLIC EDUCATION
Employee Assistance
Program

READY
TO JAM
NOW IN SEASON



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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

HARVEST OF THE MONTH

The Harvest of the Month for April is Strawberries!

Strawberries are also Live Better's Superfood for the month of April. Strawberries contain vitamins, minerals, fiber and antioxidants which make them a healthy part of your diet. In particular, strawberries are a good source of Vitamin C, magnesium, phosphorus, calcium, potassium, folate, and vitamin K. Like most fruits, strawberries are fat-free and cholesterol-free. For those of you looking to cut calories, a 1-cup serving of fresh strawberries contains only 45 calories.



Strawberries are a fruit that grows well in Georgia. Thomas County is lucky to have several strawberry farmers that offer a U-Pick patch where you and your family can go and pick your own bucket of berries. F&C Farm in Boston and Ochlocknee Ridge Farms in Moultrie are two local U-Pick strawberry patches.

- For facts and information on strawberries, click [here](#).
- For food based learning lessons with strawberries, click [here](#).



CAFETERIA CONVERSATIONS

Farm to School

School Nutrition will feature locally grown strawberries from Ochlockonee Ridge Farms in Moultrie and blueberries from Burton Brambles in Coolidge during the months of April and May. Look for these beautiful berries in the cafeteria and don't miss your chance to enjoy these delicious, GA Grown fruits.



MONTHLY OBSERVANCES

Stress Awareness Month

According to the National Institute of Health, “April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.”

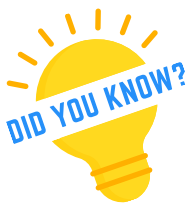


Stress is an inevitable part of life, so learning and practicing positive ways to cope with stress can help you stay healthy. As educators, it is also important to teach our students how to respond to stress in a positive manner.

- If you want more information on positive ways to deal with stress, here is a [link](#) to Ten Tools for Resiliency.
- If you want to take a Stress Self-Assessment, click the [here](#) for the link to access Mental Health America’s Stress Screener.

“Stress acts as an accelerator: it will push you either forward or backward, but you choose which direction.”

– Chelsea Eriean



Thomas County Schools partners with Archbold to offer an Employee Assistance Program (EAP) that can help you navigate through some of life’s stresses. For more information on our EAP, please email Brecca Pope at bpope@tcjackets.net.

GaDOE also provides a free, statewide Employee Assistance Program (EAP) for all full-time, public-school teachers and staff, along with Pre-K teachers. Free services available through the GaDOE EAP include up to six free counseling sessions, legal and financial consultations, work/life referral services, support for managers and supervisors, and more.

YOU MAY ACCESS THE GADOE EAP: BY VISITING WWW.EAPHELPLINK.COM AND ENTERING CODE GADOE, OR CALLING 1-866-279-5177.

Other April Observances

- Move More Month
 - National Garden Month
 - School Library Month
 - National Poetry Month
 - World Autism Month
 - Stress Awareness Month
 - National Public Health Week (April 1st-7th)
 - National Wildlife Week (April 5th-9th)
 - National Library Week (April 7th-13th)
 - National Peanut Butter & Jelly Day (April 2nd)
 - World Autism Awareness Day (April 2nd)
 - Maya Angelou’s Birthday (April 4, 1928)
 - National Scrabble Day (April 13th)
 - National Gardening Day (April 14th)
 - World Art Day (April 15th)
 - Leonardo da Vinci’s Birthday (April 15, 1452)
 - Earth Day (April 22nd)
 - National Picnic Day (April 23rd)
 - Arbor Day (April 26)
 - Stop Food Waste Day (April 26th)
 - International Dance Day (April 29th)
 - National Bubble Tea Day (April 30th)
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SHBP BIOMETRIC SCREENINGS

On-site Biometric Screenings



SHBP onsite biometric screenings are happening in April. Registration for the screening event at three of our sites is now closed, but registration for the event at Thomas County Central High School is still open. The details for each of our district on-site screening events is listed below.

THOMAS COUNTY SCHOOLS 2024 SHBP BIOMETRIC SCREENING EVENTS

Site	Screening Location	Date	Time	Site Contact	Registration Deadline
TCMS & Hand in Hand	TCMS Science Lab	Tuesday, April 9th	7:30 am-4 pm	Fanetta Powell	CLOSED
BOE, Bishop Hall, Renaissance, Pathways, Transportation, Maintenance	PLC	Monday, April 15th	7 am-3 pm	Jeana Smith	CLOSED
Garrison-Pilcher & Cross Creek	Garrison-Pilcher Gym	Tuesday, April 16th	7 am-3:30 pm	Beverly Williams	CLOSED
TCCHS	TCCHS Conference Room	Monday, April 29th	7 am- 3 pm	Myeshia Choice	April 14th

You can register for a biometric screening appointment by following these [steps](#).

1. If you have not registered for the BeWell SHBP® program, [register here](#).
2. If you have already registered for the BeWell SHBP® program, you can [log in here](#).
3. Once logged into your Sharecare account, click on the “Achieve” link on the left-hand side of the page.
4. Click on the “Programs” tile.
5. Click on the “Health Screening” tile. This will redirect you to the Quest scheduler.
6. Read the Terms and Conditions and click “Accept & Continue”.
7. Read the consent language, click on “I accept” then click the “Continue” box.
8. Confirm your personal information and mailing address is correct and click “Save”.
9. To schedule a screening at a Patient Service Center (PSC) click on “Schedule a Screening” or to schedule a screening at an onsite event click on “Make an Appointment”.
10. Search for and select a desired location.
11. Choose desired date and time.
12. Review and confirm all information.
13. **Reach out to me if you have any issues-> jeana.smith@tcjackets.net.**

DISTRICT WELLNESS

Hydrate-4-Health Challenge

Congratulations to Erin Rehberg, Elaine Massey, Bryan Davis and Lawrence Hyde who were winners of wellness door prizes for participating in our district hydration challenge during the month of March. A huge THANK You to ACE Hardware of Thomasville who donated the door prizes for this wellness challenge. ACE has a large supply of cups, water bottles and coolers to help you stay hydrated year round. Go check them out!

If you missed participating in our Hydrate-4-Health challenge, but would like more information on healthy hydration, check out these resources.

- [Make Healthy Drink Choices Handout](#)
- [Infused Water Information](#)
- [Sip Smarter Infographic](#)



Strawberry & Orange Infused Water with Mint

Ingredients:

- 8 cups cool water
- ½-1 cup strawberries, sliced
- 1 small orange, sliced
- 4 mint leaves

Instructions:

Wash hands thoroughly with soap and water. Wash fruits well before slicing. Fill a large pitcher with water; add sliced strawberries and oranges and mint leaves to the pitcher. Put in the refrigerator for at least 30 minutes to infuse the flavors. The longer it sits, the more flavorful the water. Pour into a glass filled with ice. Enjoy! Keep any leftovers in the refrigerator and use within 2 days.

Notes:

- You do not need to peel the orange before slicing it. In fact, the orange peel contains natural oils that can bring a depth of flavor to your water!
- For extra mint flavor, try tearing the leaves or slightly crushing them in your hands before adding them to the water pitcher.



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