Bee Well

Step it Up Challenge

Who's ready for our first challenge of the year?!? Although we are getting a later start, the weather this time of year makes it a perfect time to get outside for a walk. And for many of us, getting some exercise not only helps us physically, but mentally and emotionally as well. For more on how walking can boost your mood and reduce stress (something every teacher could use right now!), check out this article. And when you are ready to join in the fun, read through the challenge description, get everyone on your hall to sign up, and start tracking those steps. For six weeks (Monday, Oct. 12 - Sunday, Nov. 22) work as an individual and as a school team to log the most steps. Last year TCMS took home bragging rights, can they do it again?

While a fitness challenge makes it fun to exercise and keeps you accountable throughout, remember at the end of the day to be proud of yourself for taking "strides" to improve your overall health!

Monthly Observances

October is National Breast Cancer Awareness Month, an annual campaign to increase awareness of the disease. Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body (National Breast Cancer Foundation, n.d.). It is estimated that 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. in 2020 but the good news is that 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer

has spread outside of the breast), **and 5-year survival rate is 99%.** For more content including educational guides, check out these resources.

*October Is Health Literacy Month — Finding the Right Words for Better Health*
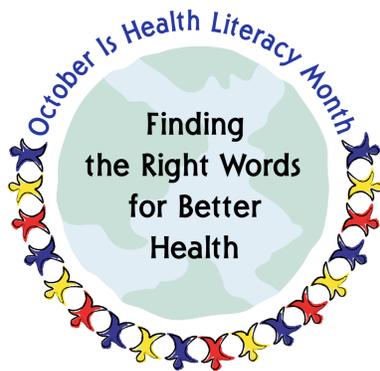
October is also National Health Literacy Month, which is dedicated to promoting the importance of understandable health information. The Institute of Medicine published a report in 2004 titled, *Health Literacy: A Prescription to End Confusion.* The report's authors state in the executive summary that "nearly half of all American adults — 90 million people — have difficulty understanding and acting on health information." This difficulty can have a profound effect on individuals as well as entire healthcare systems (Health Literacy Month Handbook, 2020). Two websites that are working hard to create health content meant for a wide array of audiences are KidsHealth.org, which breaks content down into categories for parents, kids, teens, and educators, and Lifeology, where users can take courses on a variety of health topics.

For a monthly activity calendar that highlights Health Literacy Month as well as other observances, check out SHAPE America's October Mind and Body Calendar.

Farm to School Month

October is Farm to School Month, and schools statewide are celebrating all things turnip. "Turnip the Volume (Can you Dig It?)" is a statewide celebration coordinated by Georgia Organics to help kids across Georgia get to know turnips by growing, eating, and learning about it (Getgeorgiareading.org, 2020). To sign up and receive free educational content and lessons for every subject area, check them out here.

Turnip the Volume — can you dig it?

Harvest of the Month

Having a GOURD time #FuelingGA
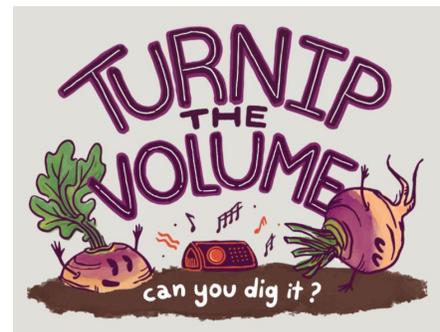
Squash is October's Harvest of the Month, and the squash family actually includes a wide variety: acorn, butternut, spaghetti, zucchini, and pumpkin too! The winter squash vegetables that are seen in stores this time of year are known to be full of Vitamins A and C, along with a healthy dose of fiber. To learn more about the benefits of squash, some tips for cooking with them, as well as a few recipes, click here. And for a delicious, easy recipe that keeps squash centerstage, try Skinnytaste's Parmesan Crusted Roasted Delicata Squash.

For more information about squash here in Georgia (the summer and winter variety), check out these facts and to preview class activities with squash, click here.