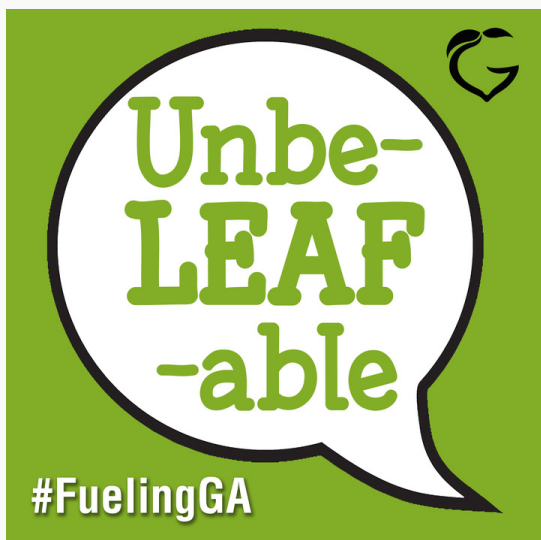


BEE WELL

Thomas County Wellness Newsletter

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“Maybe Christmas (he thought) doesn’t come from a store. Maybe Christmas perhaps means a little bit more.”

— The Grinch

LIVE BETTER SUPERFOOD TRY-DAY

Hand in Hand

Archbold hosted a Live Better Superfood Try-Day for the Kindergarten students at Hand in Hand on November 17th. They brought in Sweet Potato Pancakes for the students and teachers to taste. Most of the students were very brave and were willing to try sweet potato pancakes! As part of their Live Better community outreach, Archbold also gave each Kindergartener a "MyPlate" to take home.



CAFETERIA CONVERSATIONS

District Wellness Meeting

We hosted our first district wellness meeting for the year in November. The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires us (as a district) to establish, implement and review a local wellness policy. An active district wellness committee is required, as part of our local wellness policy, and helps us meet the requirements specified in the HHFKA. This year, our district will be conducting a required triennial assessment of our district wellness policy, which means we will be assessing whether or not we are meeting our current wellness goals in the areas of nutrition education, nutrition promotion, physical activity, and other school based wellness activities. We will also be revising our wellness policy to update goals and, if needed, establish new goals. The district wellness committee will play a role in reviewing and revising our wellness policy. If you'd like to become a member of the district wellness committee, please email Jeana Smith at jeana.smith@tcjackets.net.



Click [here](#) to review our district Wellness Policy

HARVEST OF THE MONTH

The Harvest of the Month for December is Lettuce! Lettuce is a healthy addition to any meal as it is naturally low in calories, carbohydrate, sodium and fat. Lettuce is also full of nutrients like Vitamin C, calcium, Vitamin K, Vitamin A, folate, magnesium and potassium.

According to UGA Extension, lettuce is a “cool-season” vegetable and grows best in Georgia when planted in early fall or early spring. Head lettuces (like Iceberg) do not grow well in the climate in Georgia, but leaf lettuces (like Romaine or Bibb) do.

In the National School Lunch Program, Romaine and Butterhead (ex. Bibb) lettuce are considered dark green vegetables, so serving a Bibb or Romaine lettuce side salad counts toward the 1/2 cup of dark green vegetables we are required to offer on our school lunch menu each week.

- For facts and information on lettuce, click [here](#).
- For a food based learning lesson with lettuce, click [here](#).

The local food for schools grant we received this year has allowed us to purchase some locally grown lettuce from Dukes Farms in Quitman. Dukes Farms grows their lettuce hydroponically in greenhouses, so their lettuce can grow year-round. We'll feature more lettuce from Dukes Farms throughout the year, so don't worry if you missed it the first few times. Look for it on the menu again soon! It is beautiful, delicious and grown right down the road.



LETTUCE RECIPES

Click below for a link to each recipe



**Romaine Salad with
Orange & Radish**



**Asian Chicken
Lettuce Wraps**

MONTHLY OBSERVANCES

Universal Human Rights Month, Human Rights Week, and Human Rights Day

December 10, 2023 is Human Rights Day. This year marks the 75th anniversary of the Universal Declaration of Human Rights (UDHR). The Declaration was originally proclaimed at the United Nations General Assembly in Paris on December 10, 1948 and was the first time in history that the international community agreed upon a set of common values and rights for each individual regardless of race, sex, nationality, age, political affiliation or religion. Eleanor Roosevelt chaired the UDHR drafting committee and was recognized as the powerhouse behind the Declaration's adoption. A link to the full text of the UDHR is included [here](#).



"Where, after all, do universal human rights begin? In small places, close to home – so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighbourhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerned citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

— Eleanor Roosevelt

Inclusive Schools Week

Inclusive Schools Week is held annually in December to celebrate the progress that has been made to building inclusive school environments and continue growing in this area. According to Inclusive Schools Network, "To be inclusive implies a fundamental commitment to building relationships among students, families, educators, and the community to support safe and positive learning environments." Link to activities and resources for Inclusive Schools Week can be found [here](#).



Other December Observances

- Procrastination Awareness Month
- Read a New Book Month 
- Universal Human Rights Month
- World AIDS Awareness Month
- Write a Friend Month
- National Pear Month 
- Handwashing Awareness Month
- National Handwashing Awareness Week (Dec. 3rd-9th)
- Inclusive Schools Week (Dec. 5th - 9th)
- Human Rights Week (Dec. 1st - 10th)
- Hanukkah (Dec. 7th - 15th)  
- Kwanzaa (Dec. 26th - Jan. 1st)

- World AIDS Day (Dec. 1st)
- National Cookie Day (Dec. 4th) 
- Pearl Harbor Remembrance Day (Dec. 7th)
- National Letter-Writing Day (Dec. 7th)
- Human Rights Day (Dec. 10th)
- Gingerbread House Day (Dec. 12th) 
- National Cocoa Day (Dec. 13th)
- Go Caroling Day (Dec. 20th)
- National Crossword Puzzle Day (Dec. 21st)
- Winter Solstice (Dec. 21st)
- National Cookie Exchange Day (Dec. 22nd)

Christmas 

Challenge

The holidays can be stressful for a lot of people. They can also be a very busy time, which can cause people to neglect the importance of self-care in managing stress. This year, we'd like to challenge you to prioritize self-care during the holidays to hopefully alleviate some stress and allow you to really enjoy what Christmas songs have long called "the best time of the year." Below you will find a 12 Days of Self-Care Bingo Card. There are 16 self-care options to choose from on the card and two of the spots allow you to choose your own self-care action. The challenge is to complete 12 self-care actions by Friday, December 15th. For this Bingo Game, you just have to fill any 12 spots to be a winner. Submit completed cards via email to jeana.smith@tcjackets.net by 5pm on December 15th to have your name entered for a chance to win a Self-Care Cheer Basket! Wrap yourself in self-care magic this holiday season.

