



at
Barnstead
Elementary
School

Newsletter ~ November 2019

Committee Vision:

- Review and create policies as needed, bring information about health & wellness to staff, students & families through bulletin boards, information in school newsletter, etc.

Events & Happenings:

Food Drive

Benefiting the Thanksgiving Assistance Program & Food Pantry

A huge THANK YOU to staff, students, and families for participating in the recent holiday food drive. Over 400 food items were donated in the 4 days of the event. The Kindness Klub did a great job going to each classroom to collect and count all of the items. The class who had the highest average for participation was Mrs. Crockwell's 6th grade.

Thanks for your support!

7th Annual Turkey Trot

We could not have had a better day for the Annual Turkey Trot! The sun was shining, the temperature was just right, and the course was in great shape! Students K-8 participated in either running or walking the course and enjoyed a snack of granola bars and apples at the end. The top runners from each grade received the traditional prize of a frozen turkey!

We want to thank a couple of local businesses for their generous donations:

Hannaford of Alton for the turkey prizes

Duane Family Farm for the post Turkey Trot apples



Health Trust: Eat Well to Be Well Program.

We currently have 34 staff members who chose to participate in the Eat Well to Be Well 6-week program that was designed to focus on different aspects of nutrition each week in order to help staff succeed in the journey to better eating. Proper nutrition is a vital puzzle piece in living a healthy lifestyle and making small changes can make a world of a difference when it comes to staying healthy. When combined with physical activity, one's diet can help people reach and maintain a healthy weight, reduce the risk of chronic conditions which can help promote overall health.

November Health & Wellness topics in the Classrooms at BES

- ~ Cold & Flu Season
 - * Hand Washing
 - * Personal Hygiene
 - * Dental Hygiene
- ~ Substance Use/Abuse: drugs, Alcohol, tobacco, vaping (6th - 8th gr.)
- ~ Kindness
- ~ Mental Health