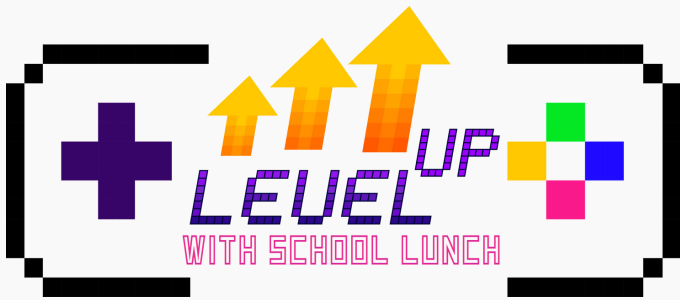


BEE WELL

Thomas County Wellness Newsletter

October 2023

Vol. 42



IN THIS ISSUE

National School Lunch Week

Cafeteria Conversations

Harvest of the Month

Monthly Health Observances

Wellness Challenge

Student Chef Competition

"Take it all in... it's as big as it seems. Count all your blessings. Remember your dreams."

—Jimmy Buffett

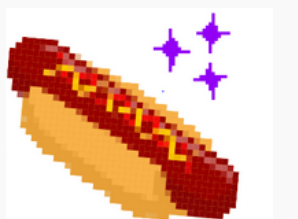
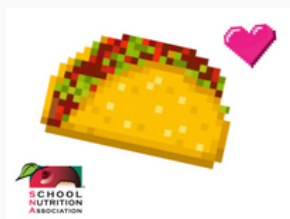
SCHOOL NUTRITION

National School Lunch Week

National School Lunch Week (#NSLW23) is October 9th-13th, but since we are out on Fall Break that week, Thomas County Schools will celebrate National School Lunch Week October 2nd-6th.

This year's theme is "Level Up With School Lunch." The campaign highlights the importance of a healthy school lunch to a student's success both in and out of the classroom. The School Nutrition Association discussed the theme "Level Up" as "uniting the thrill of video games with the significance of nutritious school meals, #NSLW23 extends an invitation to students and school communities to "Level Up with School Lunch" and unlock the true potential of their well-being and academic success."

School Nutrition has put some fan favorites (cinnamon rolls, chicken & waffles, breaded chicken with southern sides, hamburger steak) on the menus during National School Lunch Week, so plan to join us in the cafeteria for lunch that week!



START

National School Lunch Week is an annual observance created by President John F. Kennedy in 1962.

SCHOOL LUNCH STATS

Nearly 30 million students enjoy healthy school lunches every day!

Nearly 100,000 schools/institutions serve 5 billion school lunches per year.

The National School Lunch Program reduces hunger and supports the realm of American agriculture.

CAFETERIA CONVERSATIONS

Cafeteria Award of Excellence

Thomas County Central High School is among the inaugural class of winners of the School Nutrition Cafeteria of Excellence Award presented by the Georgia Department of Education's School Nutrition division. TCCHS is one of only thirteen winners of the Cafeteria of Excellence Award and the only winner named from our SWGA RESA. Schools selected for this honor must meet high standards for health inspection scores, quality and variety of menus, use of Georgia Grown produce and ingredients, promotion of school nutrition programs and student meal program participation.

Way to go TCCHS!!

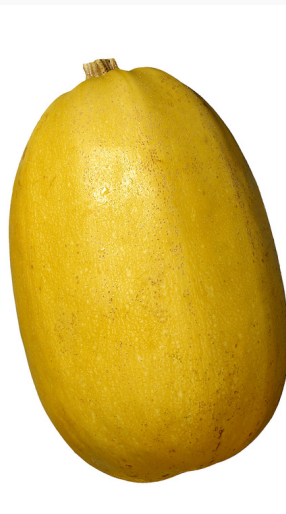
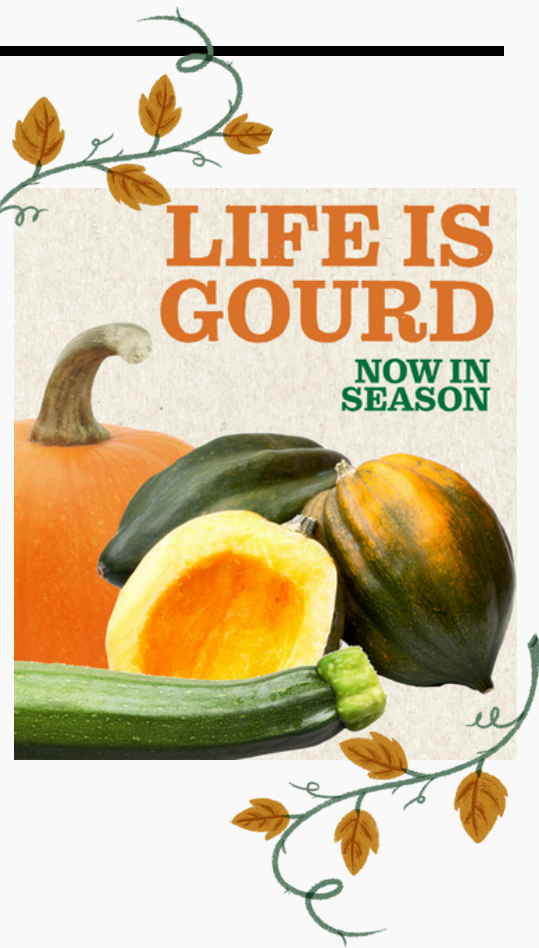


HARVEST OF THE MONTH

The Harvest of the Month for October is Squash! Squash is a member of the gourd family and has many varieties including pumpkins, acorn, butternut, spaghetti, zucchini, yellow, and scallop squashes. In Georgia, summer squashes are in season from May through October and winter squashes are in season from September through March, which means that you can find a variety of fresh squash practically year round in Georgia.

- For fun facts and information on Winter Squash, click [here](#).
- For fun facts and information on Summer Squash, click [here](#).
- For a food based learning lesson with squash, click [here](#).
- For information on how to grow squash at home or in your school garden, click [here](#).

There are so many great ways to enjoy winter squash. Click on each of the squash pictures below for links to recipes.



Pumpkin Hummus

a recipe from Georgia School Nutrition

MAKES: 6 servings PREP TIME: 10 minutes CATEGORY: Snack

Ingredients:

- 2 cans Garbanzo beans, drained
- 1 can Pumpkin puree
- ¼ cup Olive Oil
- 1 Tbsp. Lemon Juice
- 2 cloves Garlic
- 1/2 tsp Salt
- 1 tsp Cumin
- ¼ tsp Paprika

TOOLS NEEDED: Blender/food processor, measuring cups, spoons

Steps:

1. Add all ingredients to the blender and blend until smooth.
2. Serve with your favorite vegetables.

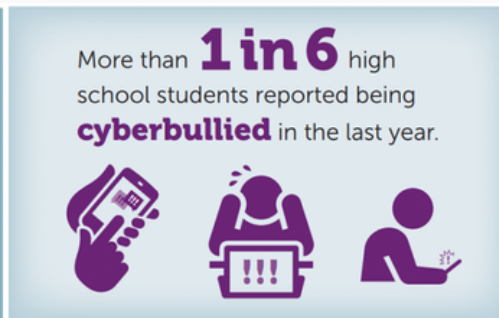
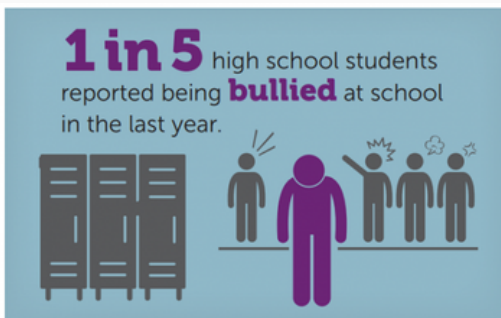
Optional: To garnish when serving, add a green vegetable such as a cucumber or celery to be the pumpkin 'stem'. Also, put a toothpick into carrot coins and make a pumpkin patch by placing the carrot coins in the hummus.

MONTHLY OBSERVANCES

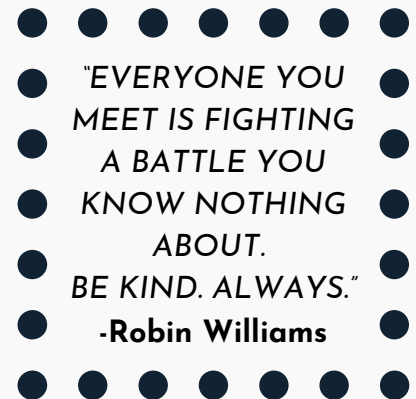
National Bullying Prevention Month

October is National Bullying Prevention Month, a month long campaign to unite the world to confront and stop bullying, as well as increase awareness and education around bullying. Unity Day, held on the 3rd Wednesday in October, is the featured event of Bullying Prevention Month and encourages students and adults to be united for kindness, acceptance, and inclusion. People are encouraged to wear orange on Unity Day (Wednesday, October 18th) to show solidarity against bullying and champion kindness. Listed below are several good resources on bullying, click on each one to access the resource.

- [PACER Center's Kids Against Bullying](#)
- [National Bullying Prevention Month Student Activity Kit](#)
- [NCTSN List of Resources](#)
- [Stop Bullying.gov](#)
- [Safe Supportive Learning- Social Bullying Brief](#)
- [CDC- Preventing Bullying](#)



SOURCE: CDC.GOV



Other October Observances

- Breast Cancer Awareness Month
- Down Syndrome Awareness Month
- National Chili Month
- National Pasta Month
- National School Lunch Week
- World Animal Day (October 4th)
- National Do Something Nice Day (Oct. 5th)
- World Smile Day (First Friday- Oct. 6th)
- National Coaches Day (October 6th)
- Mental Illness Awareness Week (Oct. 1st-7th)
- World Mental Health Day (October 10th)
- National Stop Bullying Day (October 11th)
- National Farmers Day (October 12th)
- Global Handwashing Day (October 15th)
- National Dictionary Day (October 16th)
- National Boss's Day (October 16th)
- National Youth Confidence Day (October 20th)
- National Pumpkin Day (October 26th)

DISTRICT WELLNESS CHALLENGE WINNERS

Congratulations Step IT Up Challenge winners!

We had 107 participants district wide that competed in the Step IT Up Challenge, logging over 37 million steps in 6 weeks!! Congratulations to our winners and kuddos to everyone who participated in the challenge! Job well done!!



TEAM STEP CHALLENGE RESULTS	
TCCHS	12,746,878 steps
TCMS	7,521,439 steps
Cross Creek	5,215,492 steps
Garrison-Pilcher	4,912,615 steps
Hand In Hand	2,947,477 steps
Bishop Hall/Pathways/ Renaissance Center	2,477,435 steps
BOE/ Transportation	1,688,988 steps



INDIVIDUAL STEP CHALLENGE RESULTS		
Top 14		
These individuals all walked over half a million steps in 6 weeks!!!		
1	Erin White- TCCHS	844,051 steps
2	Jay Floyd- TCCHS	734,516 steps
3	Misty Taylor- TCMS	682,742 steps
4	Ambrionna Dallas- TCCHS	599,168 steps
5	Modzelle Atkins- TCCHS	592,700 steps
6	Jessica Duncan- Garrison-Pilcher	579,642 steps
7	Nick Jenkins- Cross Creek	551,768 steps
8	Gavin Wilson- TCMS	528,201 steps
9	Donna Corbin- Garrison-Pilcher	524,622 steps
10	Brandee Zambrano- TCMS	515,087 steps
11	Allie Wilson- TCCHS	513,703 steps
12	Yvette Morrell- BH/PATH/RC	510,147 steps
13	Kristi Wilhelm- Hand In Hand	507,386 steps
14	Al Whatley- TCMS	501,788 steps



BE WELL - SHBP

October Step Challenge

If you are enrolled in the State Health Benefit Plan (SHBP) through either Anthem Blue Cross and Blue Shield or UnitedHealthcare Commercial (non-Medicare Advantage) Plan Options, you and your covered spouse can enroll in the October Steps challenge and earn 120 points upon completion! Your points can be redeemed for your choice of reward.

Follow these steps to join the October Steps Challenge and earn rewards!

- If you have never registered for an account on BeWellSHBP.com register here; if you already have an account use your email and password to log in here (or log in to your account through the Sharecare app). Make sure you have completed your RealAge® Test for 2023.
- Click on the “Achieve” navigational link and then proceed to the Challenges section.
- Register for the October Steps Challenge. During the month of October, track at least 21 days of 7,000 or more steps to successfully complete the challenge.
 - NOTE: you can sync the Sharecare app with many of your fitness devices to make tracking steps easier! Sync your devices here.

Please note: If you are getting physical activity OTHER than steps but would like to join a Steps Challenge – you can! Linked here is a “Steps Conversion Chart” where you can calculate how many steps you’ve earned by completing another activity, and then manually enter your steps.

Physical activity provides many health benefits. So, don’t delay – join the Steps Challenge today, and remember to track your steps during the month of October!

Challenge



GA DOE KICKS OFF STUDENT CHEF COMPETITION 2024

The Georgia Department of Education School Nutrition Division is holding its 8th annual Student Chef Competition. The competition consists of two parts: recipe development and a recipe cooking demonstration/replication. The competition is open to teams of 2-4 students in grades 6-8 (for the middle school competition) and grades 9-12 (for the high school competition). The Middle School competition centers around the creation of a vegetable side recipe. The High School competition focuses on the creation of an entrée recipe. The High School statewide winner will also have the opportunity to move on and represent Georgia at the Southeast Regional Competition to be held in May 2024. For more information about the student chef competition, click here.
