



DAVID DOUGLAS WELLNESS

David Douglas School District
— WELLNESS —

HAPPY Newsletter

September 2016

The David Douglas Wellness Committee is proud to announce that we received an OEA Choice Trust Employee Wellness Grant of \$75,000 to implement a robust employee wellness program over the next 3 years. The program will be named HAPPY (Healthy, Active, Passionate, Productive and “Your Best You!”).

HAPPY is a flexible and comprehensive employee wellness program designed to engage all of the District’s 1,525 employees and help them succeed in their ongoing health and wellness efforts.

David Douglas School District is committed to establishing a successful employee health and wellness program with the goal of creating a healthy culture for mind and body for all employees. This program is part of a larger, comprehensive approach to ensuring our employees are equipped with tools and support to be healthy and resilient and allow employees to thrive in a demanding work environment, be positive models of health for students, and ultimately foster student success.

The goals of the program are for employees to:

- 1) Participate in stress reduction/management activities
- 2) Participate in physical activity
- 3) Practice healthy eating

HAPPY Wellness Program kick off will begin the week of August 29th in your building or office with a newsletter, poster, water bottles for staff and a menu of “Happy Hour” activities you can incorporate into your meetings to promote physical activity.

Did you know?

Of district staff:

- 63% are not meeting minimum exercise recommendations.
- Rates of sick leave have increased in the last two years for elementary and middle grade licensed employees by 32% and 45% respectively.
- 68% cited stress management as a program in which they would be interesting participating

**Information gathered from HR, Kaiser, and survey of staff in spring of 2016*



Administrators get moving by playing rock, paper, scissors at a recent administrator training

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Healthy Eating

As school begins and our schedules get crazy, eating healthy can sometimes be hard. Let your crockpot do the work for you! Crockpot meals can be lifesavers on busy nights. You can either make the meal on the weekend and eat off of it during the week or dump all the ingredients in before you leave for work and come home to a hot meal! Check out this recipe from Cooking Classy...ENJOY!

<http://www.cookingclassy.com/2015/01/slow-cooker-chicken-fajitas/>

Slow Cooker Chicken Fajitas Prep Time: 15 minutes Yield: About 9 fajitas

Ingredients

- 2 lbs boneless skinless chicken breast halves
- 1 (14.5 oz) can petite diced tomatoes with green chilies
- 1 red, orange and green bell pepper, julienned
- 1 large yellow onion, halved and sliced
- 4 cloves garlic, minced
- 2 1/2 tsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika
- 3/4 tsp ground coriander
- 1 tsp salt
- 3/4 tsp pepper
- 2 Tbsp fresh lime juice
- 1 Tbsp honey

For serving:

Tortillas (substitute butter lettuce cups/coconut flour tortillas), sour cream (substitute plain Greek yogurt), cilantro, salsa, guacamole,



Directions

- Pour half of the canned tomatoes into the bottom of a slow cooker and spread into an even layer. Top with half of the peppers and half of the onions. Sprinkle garlic in. Top with chicken breasts.
- In a bowl whisk together chili powder, cumin, paprika, coriander, salt and pepper. Evenly sprinkle half of the seasoning over chicken breasts then flip chicken and sprinkle in remainder. Top with remaining half of the tomatoes, then layer in remaining peppers and onions.
- Cover and cook on HIGH heat 3 - 4 hours or low heat 6 - 8 hours, until chicken has cooked through and veggies are tender (note that if you want to be able to cut chicken into strips cook more near lesser time on HIGH or LOW, otherwise it will probably just shred, which is also fine).
- Remove chicken, and cut into strips, or shred. Ladle out 1 cup of the broth in slow cooker (mostly tomato liquid) and discard. In a small bowl whisk together lime juice and honey and add to slow cooker along with chicken and season with additional salt to taste if desired. Gently toss. Serve warm in warmed tortillas with sour cream and optional guacamole, cheese and salsa.

Recipe source: Cooking Classy

App of the Month

This month we will highlight an app to help you get your blood pumping!

Daily Workouts is a great free app with quite a few options.

You can choose between six different types of workouts. In addition the user can select the intensity and duration of the workout. The videos will guide you through multiple exercises. The voice command will prompt you when to switch and give you time to change positions. It requires very little equipment; in most cases the equipment is optional and not necessary for the workout. So, if you only have as little as 5 minutes, this app can help you get moving.

<http://dailyworkoutapps.com/> available for iPhone and android



Upcoming Wellness Events

September 7th 3-5pm

District Benefits Fair at the Old District Office Breezeway (1500 SE 130th Ave)

Come learn about many of the benefits available to you as a district employee.

September 7th and October 7th

Flu Shot Clinics

Get your flu shot! Check your email for more information. Pre-registration is required.

Stress Reduction

Many people in our district indicated that STRESS REDUCTION is something they would be interested in. As many of us know, stress can really wreak havoc on an individual, both physically and mentally. Harvard Health indicates that stress can increase blood pressure, lower your immune response, and cause anxiety or depression. Our aim in this section of the newsletter is to give you some tools that can help you reduce stress and be your best you!

This month our focus will be on deep breathing. In our culture most people do what is called "chest breathing" this is a shallow type of breathing that doesn't allow the lungs to fully inflate. In some individuals this type of shallow breathing can cause them to be anxious. Deep breathing is a great stress reducer because it can be done anywhere and does not take up a lot of time.

Deep breathing technique:

- Sit comfortably with your hands on your knees, relax your shoulders
- Fully exhale, empty your lungs completely
- Inhale through your nose expanding your belly and count to 5 as you do so.
- Exhale slowly through your nose while you count to 5. Tighten your abdominals and pause for 2 counts before you inhale again.
- Repeat 5-10 times, closing your eyes if you like.

The benefits of deep breathing can be a reduction in stress, lower blood pressure and strengthen ones ability to regulate emotions. Prolonged practice of deep breathing can also improve sleep, decrease anxiety and depression and increase happiness and optimism.

Resources:

<http://www.emmaseppala.com/benefits-breathing-scientific-benefits-breathing-infographic/>

<http://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

<http://www.livestrong.com/article/92264-benefits-deep-breathing/>

Get out and around Portland

Belmont Street Fair

September 10, 2016 11am-7pm

Belmont Street Fair is a family-friendly event with live music, art, entertainment, shopping, kids' activities, food vendors, and beer gardens on SE Belmont Street from 33rd to 39th. Free. <http://belmontdistrict.org/street-fair/>

AIDS walk

September 10, 2016 11am-3pm

The 2.4-mile AIDS Walk Portland includes music, entertainment, and a kids' corner with the start and finish at Fields Neighborhood Park. (NW 11th and Overton) Advanced registration required \$10 <http://aidswalkportland.org/>

Ramona Quimby 60 years Later Tour

September 10, 2016 9am

Meet at the west side of Grant Park by the Beverly Cleary Sculpture Garden , NE 33rd & Brazee for a 3 mile tour of sites from Beverly Cleary books. Free www.portlandoregon.gov/transportation/41533

Color Run 5k

September 17, 2016 8am

The happiest 5k on earth! Start the race wearing white, cross the finish line covered in color. Portland International Raceway. Advanced registration required \$40-\$60. <http://thecolorrun.com/locations/portland/>

Sellwood-Milwaukie Sunday Parkways

October 2, 2016 11am-4pm

Ride, walk or skate along this 8 mile route closed to cars. www.portlandoregon.gov/transportation/67625

Floyd Light and Ron Russell Offer Healthier Snacks

Floyd Light and Ron Russell had a history of unhealthy food fundraisers and using candy to reward students. With support from the Alliance for a healthier Generation Healthy Schools Program, school wellness leaders engaged educators in conversations about promoting healthier eating. As a result, the principals agreed to replace unhealthy snacks sold in the school store with healthier options that meet Smart Snack regulations. In place of candy and junk food, non-food rewards are now used for school celebrations. At the Floyd Light year-end party celebrating perfect student attendance, candy bar rewards are now replaced with school ID lanyards and amusement park tickets. In addition, the PE Programs at Floyd Light and Ron Russell are aligned to state and national standards. In recognition of these accomplishments, the schools received a Healthy Schools Program Bronze Award in 2016.

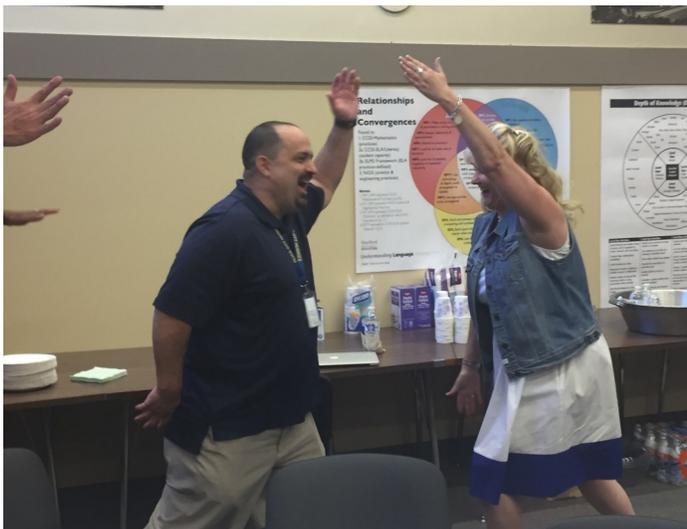
Do you have ideas for an upcoming newsletter?

An app you use everyday? A favorite healthy recipe? A great relaxation technique to share with your co-workers?

Please submit ideas to meagan_lutu@ddsd40.org

Would you like to help your coworkers be healthy?

David Douglas Wellness Committee is seeking representative from the Bus Grange, Food Services and Maintenance. If interested, please contact Meagan Lutu at meagan_lutu@ddsd40.org



Scissors! It's a tie.



Becky Chase and Susan Olds jogging with other administrators