



PATTONVILLE SCHOOL DISTRICT NEWSLETTER

B-W-E-L-L BINGO CHALLENGE

B-W-E-L-L Bingo launches on Monday, January 8, and runs for five weeks, ending on Friday, February 9. Building Wellness Captains will hand out bingo cards.

All staff are eligible to participate and can win prizes for their first and third bingo and coverall on the same bingo card. (only one card per participant) The school/building with the highest percentage of coverall winners will win a visit from Chartwell's Food Truck! Good luck, everyone, and enjoy your journey towards wellness!



Scan to Open



NUTRITION

USDA has a visual nutrition chart called MyPlate to help show Americans what a balanced meal looks like. Did you know the students eating school lunches are served meals following the MyPlate guidelines? Check out [MyPlate.gov](https://www.myplate.gov) to learn about a balanced meal and the different food groups, and challenge yourself to eat more balanced meals!

Chef Amanda's Recipe of the Month:

Roasted Brussels Sprouts with Balsamic Glaze



District Wellness Challenge
B-W-E-L-L BINGO
 January 8 to February 9, 2024

🐝 1 Bingo wins a goodie bag 🐝 3 Bingos wins a lip balm 🐝 1 Cover All wins a bento box
 See your Wellness Captains to collect your prizes

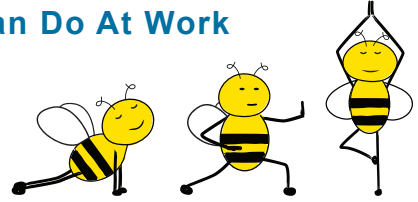
B	W	E	L	L
B-W-E-L-L District Bingo Challenge	Eat 1 meal following myplate.gov guidelines	Buy yourself a treat you wouldn't usually buy	Keep track of all your spending for one week	Walk 30,000 steps in 1 week
Try a new vegetable recipe & share it here	Smile & say hello to everyone you see today	Intentionally stretch every hour/work day for 1 week	Organize your junk drawer	Meditate for 5 minutes 2 days/week for 2 weeks
Take a photo of...	Contact a friend...	Write down your...	Write down your...	Substitute a...

PHYSICAL

Completing a daily stretch routine can benefit someone's physical and mental well-being. Holding stretches for 10-30 seconds can help extend the muscles and, if done regularly, becomes easier every time. Flexibility is an integral part of physical well-being. Being more flexible helps reduce the risk of injuries and improves your ability to do daily activities.

Stretches You Can Do At Work

Office Stretches



MINDFULNESS

"Increase your productivity by tapping into positive emotions to create a happier and healthier life." Practice the Tiny Habits formula from the book "Tiny Habits" by BJ Fogg using methods like anchor moment, new tiny behavior, and instant celebration. You will learn to create a recipe for your tiny habits and implement your intentions for long-lasting success.

Anatomy of Tiny Habits