ROCORI Health and Wellness Digest

Brought to you by the ROCORI Wellness Committee February 2026

Important Dates:

2/02 - Groundhog's Day	2/16 - No School
2/11 - One Hour Late Start	2/19 - Elementary School Conferences
2/12 - Elementary School Conferences	2/25 - One Hour Late Start
2/14 - Valentine's Day	February is American Heart Month

Move More This Winter

Cold temperatures and shorter days can make it harder to stay active, but maintaining movement during the winter months is important for both physical and mental well-being. Physical activity can help boost energy, improve mood, and reduce stress during a busy season. Movement doesn't have to be formal or time-intensive — stretching, short walks, light strength exercises, or quick movement breaks throughout the day all count. Focus on finding simple, realistic ways to keep your body moving and support overall wellness until warmer weather returns.

Wellness Captains

- Jessica Miller - District Nurse - millerj@rocori.k12.mn.us
- Chris Barker - Director of Food Services - barkerc@rocori.k12.mn.us

Newsletter created by Ali Anderson (CSE)

Small Steps, Big Rewards

Participants can earn rewards by completing a Health Assessment and tracking everyday physical activity, including walking, workouts, or other movement.

How to Register:

- Register at bluecrossmn.com/bca or through the Blue Care Advisor app
- Complete the Health Assessment to receive personalized health insights and earn points
- Track daily activity by connecting a fitness tracker or logging activity manually — all movement counts, including walking, workouts, or yard work

Register at bluecrossmn.com/bca or in the Blue Care Advisor app, connect a fitness tracker or log activity manually, and start earning points. Points convert to dollars (10 points = $1), and eligible participants can earn up to $250 per year, redeemable for e-gift cards.

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February is American Heart Month

February is American Heart Month, a great time to focus on habits that support heart health. Regular physical activity, nutritious meals, adequate sleep, and managing stress all contribute to a healthier heart. Small, consistent choices — like taking the stairs, going for a short walk, or pausing to reset during a busy day — can have a meaningful impact over time. Please consider wearing red on February 7th to support American Heart Month!



Complete the word search and submit for a chance to win a prize!

Name: _____

Phone #: _____ 02/2026

Valentine's Day Snack Mix

Ingredients:

- 1 cup Crispix or Chex cereal
- 1 cup plain popcorn (see notes)
- 1 heaping cup pretzel sticks
- ½ cup lightly salted peanuts
- ½ cup Valentine's M&Ms (pink, red and white)
- Optional: 1 cup white chocolate melting chips (or white chocolate chips)



IInstructions

- Combine the cereal, popcorn, pretzel sticks, peanuts and M&M candies in a medium bowl and stir to combine.
- If using, place the white chocolate chips in a microwave-safe bowl. Microwave on 50% power for 1 minute, then stir and microwave in 30-second intervals until the chips are more than halfway melted. Stir well to melt completely. (Be careful not to microwave too long or the white chocolate can seize up and then it's unusable.)
- Drizzle the melted white chocolate over the snack mix and stir well to get it evenly coated on all the pieces.
- Let cool and enjoy!

From www.familyfoodonthetable.com