



SCS COMMITTS TO COMMUNITY WELLNESS

Salisbury Central School established its Wellness Committee in 2007 in response to the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) which required that schools that participate in the USDA National School Lunch Program establish a wellness policy by the 2006-2007 school year. The Salisbury BOE adopted its [Policy Regarding Wellness](#) (#5139) in July of 2006.

Members of the committee review any available state or federal guidance on wellness issues and assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among Salisbury Central students, families and staff.

The committee is made up of representatives from the parents and students, the school's food service team, the administration, the Board of Education and the public as required by the USDA School Wellness Policy legislation. All meetings held by the committee are open to the public. If you are interested in becoming a member of the committee, please contact SCS Principal Stephanie Magyar at smagyar@salisburycentral.org.

FREE



FREE



FREE

The USDA announced on October 9th that it is extending the flexibilities to allow free meals to continue to be available to all children for the remainder of the 20-21 school year. This will allow Salisbury Central to continue to offer breakfast and lunch to all of its students free of charge. This unprecedented move is part of the USDA's unwavering commitment to ensuring all children across America have access to nutritious food as the nation recovers from the COVID-19 pandemic.



***To walk in nature is to witness
a thousand miracles.
-Mary Davis***

Check out these local trails...

- [Bear Mountain](#)
- [Lions Head](#)
- [Appalachian Trail](#)
- [Raccoon Hill](#)
- [Sages Ravine](#)
- [Harlem Valley Rail Trail](#)
- [Sharon Audubon Center](#)
- [Amesville Iron Works Historic Site](#)
- [Campbell Falls State Park](#)
- [Haystack Mountain State Park](#)

SIX IMPORTANT AREAS OF WELLNESS

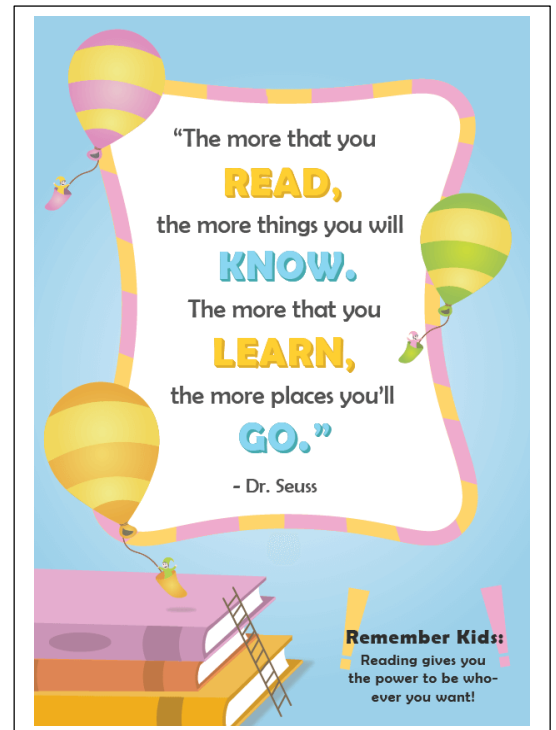
1. PHYSICAL – Take a hike with your family. (See pg. 1)
2. EMOTIONAL – Stay positive. Focus on the good things in your life.
3. INTELLECTUAL – Exercise your brain by doing a jigsaw puzzle.
4. SOCIAL – Reconnect with someone you haven't connected with recently.
5. SPIRITUAL – Unplug, slow down and take a few deep breaths every day.
6. ENVIRONMENTAL–Celebrate CT Recycling Day by recycling more. (See pg. 1)



READING FOR WELLNESS

Research shows that regular reading...

- ✓ *Reduces stress*
- ✓ *Lowers blood pressure and heart rate*
- ✓ *Can improve empathy toward others*
- ✓ *Improves brain connectivity*
- ✓ *Increases vocabulary*
- ✓ *Stimulates the mind*
- ✓ *Improves your writing skills*
- ✓ *Provides inner peace and tranquility*
- ✓ *Exercises your brain and imagination*
- ✓ *Is free thanks to our school and local libraries*



IT'S BRAIN TEASER TIME

Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and the third Wednesday. What is the name of the fourth child?

Jimmy because Jimmy's mother had four children!

THANKSGIVING MAKES ME THINK OF CRANBERRIES!
DID YOU KNOW THAT...

- **Cranberries** bounce.
- **Cranberries** are 90% water.
- **Cranberries** can be used to dye fabric.
- **Cranberry** juice can help prevent tooth decay.
- **Cranberries** are one of the few fruits native to North America.
- **Cranberries** have small pockets of air that allow them to float.
- **Cranberries** were first cultivated in Dennis, Massachusetts in 1816.
- **Cranberries** are very nutritious and can be used in a variety of ways for cooking/baking.



FRESH CRANBERRY MUFFINS

2 cups all-purpose flour
2/3 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 cup chopped fresh **cranberries**
2/3 cup 2% reduced-fat milk
1/4 cup butter or stick margarine, melted
1 teaspoon grated orange rind
1/2 teaspoon vanilla extract
1 large egg, lightly beaten
Cooking spray

Step 1

Preheat oven to 400°.

Step 2

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, and salt in a large bowl; stir well with a whisk. Stir in **cranberries**; make a well in center of mixture. Combine milk, butter, rind, vanilla, and egg; add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray. Bake at 400° for 18 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan immediately; place on a wire rack.

Step 3

Note: These muffins freeze well. Bake them ahead, cool completely, and store in freezer bags. To serve, thaw at room temperature. Reheat in aluminum foil at 300° for 10 to 15 minutes or until thoroughly heated.

Myrecipes.com

NOVEMBER 15TH
IS
CONNECTICUT
RECYCLES DAY

Connecticut Recycles Day is a recycling awareness day that takes place on November 15th each year.

- This day is set aside to recognize and celebrate the positive impact of reducing, reusing, recycling, composting and closing the recycling loop in our communities, schools, businesses and state agencies. You can use this day at your workplace, school, or in your home to bring awareness to recycling and commit to improving your recycling program.

[CT Dept. of Energy & Environmental Protection](#)