



November

2016 Wellness Newsletter

Hello! There has been a great deal of request from the staff this fall for another round of wellness apparel ordering! The online order is OPEN TODAY with both men's and women's items; both old and new! Please see the instructions for step-by-step ordering. Any of the apparel items can be worn on Friday's for Coalers spirit days, or on your building wellness potluck day, etc! For those of you who are new to the district, the slogan on all items is "Getting Fit with the Coalers".

11/6
Daylight Savings
Time Ends!

11/11
No School
Veterans Day

11/16
Early
Dismissal
Wellness Sponsored
Lunch

11/18
Wellness Potluck
"Orange is the New
Green"

11/23-25
No School
Thanksgiving
Break!

5 Health Benefits Of *Pumpkin*

1. Pumpkin is a superfood, which means it's got a dose of antioxidants.
2. It helps improve joint health
3. It lowers risk of lung and prostate cancer
5. It promotes eye health
5. 1/3 cup has 23-29% of your daily vitamin A requirement.



How Much To Serve For THANKSGIVING

AMERICANPSYCHE.TUMBLR.COM

	5 PEOPLE	10 PEOPLE	15 PEOPLE	20 PEOPLE
Appelizer PLAN FOR ABOUT 6 PIECES EACH	1 TRAY	2 TRAYS	2 TRAYS	3 TRAYS
Side Dishes	1	2	3	4
Salad (LETTUCE-BASED) 1-2 CUPS EACH	8 CUPS	15 CUPS	20 CUPS	25 CUPS
Rolls 1-1 1/2 PER PERSON	3 ROLLS	1 DOZEN	15 ROLLS	2-2 1/2 DOZEN
Soups 1 CUP PER PERSON	1 1/2 CUPS	2 CUPS	3 CUPS	4-5 CUPS
Gravy	2 CUPS	4 CUPS	5 CUPS	10/12 CUPS
Turkey	6 LB	12 LB	16 LB	22 LB
Desserts 1 1/2 PIE 3" SLICE PER PERSON	1	1-2	2	2-3
Wine	3	6	9	10

BEVERLY HORNBECK
LIVINGEATKITCHEN.COM

HEVERYDAYMOMENTS

Orange is the New Green



Butternut
Squash & Kale
Salad

Slow Cooker
Buffalo
Chicken



Slow Cooker
Butternut
Squash
Lasagna



Flourless Pumpkin
Sticky Bun



Pumpkin Peanut Butter
Molten Cakes



Pumpkin Spice
Protein Bake



Flourless
Pumpkin
Brownies



Crock Pot Black and
White Pumpkin Chili



and it begins...the holiday hustle

Begin now! Don't let the stress and chaos get to you and keep you from enjoying time with friends and family! Follow these simple once daily tips to nip this in the bud before it starts!

<http://www.purewow.com/wellness/healthy-weekly-tricks>

SUNDAY: 10 MINUTES
OF MEDITATION



MONDAY: WAKE UP EARLIER



TUESDAY: TRY BULLET
JOURNALING



WEDNESDAY: TAP YOUR
TOES



THURSDAY: EAT SOME
CHOCOLATE



FRIDAY: HAVE A NIGHT IN



SATURDAY: WALK YOUR DOG
(OR SOMEONE ELSE'S)

