

## MARCH 2014

### National Sleep Awareness Month

“Sleep is the best meditation.” - Dalai Lama

### National Women’s History Month

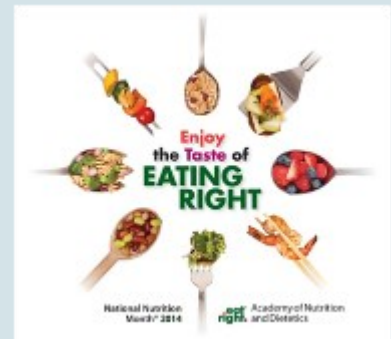
Celebrating Women of Character, Courage, and Commitment

### Message from the Wellness Committee

National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics.

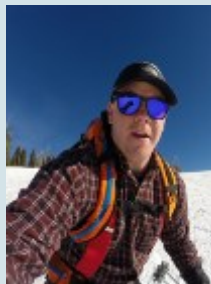
The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

For more information log onto [www.eatright.org](http://www.eatright.org) & [www.familydoctor.org](http://www.familydoctor.org).

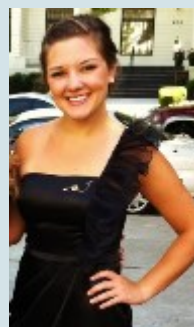


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Hello, my name is Henry Champlin and I am a Physical Education and Health student at the University of Idaho. I have been hard at work keeping up with all of my classes and studying for exams this semester. When I’m not doing that you can find me on the ski slopes having fun with my friends.



Hello! My name is Lauren Goetz and I am currently an undergraduate student studying Physical Education at the University of Idaho. After I graduate with my Physical Education degree I plan on getting a Master’s Degree in Special Education and eventually would love to study Administration.

Sponsored through the support of Dr. Grace Goc Karp in the Dept. of Movement Sciences

**University of Idaho**  
A LEGACY OF LEADING

The Girl Scout's of America was founded on March 12th, 1912.



## Integrating Common Core Standards in Physical Education

Beginning in 2010, educators in the Moscow School district began training for integration of physical education into the Idaho Common Core Standards. Although training began around 2010, Lance Abendroth, a physical education teacher from Moscow High School states that they began integrating the Common Core in physical education before the state even came to them.

“We had already been integrating the Common Core. Before the students even walked into class we had a binder ready for them. They make their own goals, they research their own plan, they analyze their own progress, they re-asses themselves and change their plan if they need to and so on,” Abendroth stated. “It is extremely beneficial for these students. Not only are they getting the physical activity aspect, but they are reading, doing research, and exploring movement science as well as incorporating math to calculate where they want to be with their own goals. I am here for guidance and for safety, but these students are on top of their game.”



Lance Abendroth

Abendroth made a point to state that the physical educators work with other classroom teachers on different aspects of the physical education students’ progress. He said they’ll often go to the classroom educators for advice, asking the best way to do this write up, or research this topic, etc.

“No one can make you feel inferior without your consent.” - Eleanor Roosevelt

### Game for the Classroom: Knowledge Circle

Equipment: None  
Ideal Number of Players: None  
Play Area: Open space indoor or outdoor

#### Getting Started:

Students arrange themselves in a circle. Each student has a partner (student to their left). One partner steps inside circle and faces the other student.

#### To Begin:

The leader is provided by teacher with questions pertaining to particular subject and or unit currently being taught.

#### To Play:

The leader asks one of the questions to the entire group. Players on the outside of the circle have an allotted amount of time to answer the question, and their partner must listen

And can ask questions to gain more information or help their partner out. At the end of the time limit, the inner circle rotates one (or two) spaces to the right. The leader asks the second question and the inner circle must now answer the new question in the allotted time given. The partner on the outside of the circle may ask questions to gain information and help their partner out. The game can go on for as long as desired.



Game collected from Michael Kinziger’s, “King Frog”



## National Sleep Awareness Month with Tips

Dalai Lama once said, "Sleep is the best form of mediation." Studies and statistics have shown that getting enough sleep is essential to our health, but data also shows that many Americans aren't getting enough of it..

National Sleep Foundation states that sleep can lower stress and improve mood, helps you to maintain a healthy weight, it can improve athletic performance and coordina-

tion, it increases your ability to pay attention and remember new information, and more.

Here are some helpful tips in order to try and improve your sleeping habits:

- Establish consistent sleep and wake schedules, even on the weekends.
- Create a regular relaxing bedtime routine such as taking a hot bath or listening to

soothing music.

- Create a sleep-conducive bedroom that is dark, quiet, comfortable, and cool.
- Exercise regularly
- Avoid large meals before bedtime



"Sleep is the golden chain that ties health and our bodies together." - Thomas Dekker

"A WELL SPENT DAY BRINGS HAPPY SLEEP." - Leonardo Davinci

## National Women's History Month

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation," stated President Jimmy Carter when he dubbed March 2-8 as National Women's History Week. It wasn't until the 1987 date that congress officially declared the entire month.

The theme of this years National Women's History Month is celebrating women of character, courage, and commitment. The aim of this cel-

ebration is to not forget the courageous and empowering women that have made tremendous impacts on people.

Every year there is a list of honorees and nominees, all women that have shown powerful acts of character.

This years nominees contain educators, institution builders, business women, laborers, political and community leaders, relief workers and CEO's.

Following is an example of an educator who was nominated this year.

- Ann Marie Delgado,

who is a educator at Buhach Colony High School in Atwater, CA.

- Delgado is just one exceptional example of an educator making a difference for women. She developed a women's study curriculum for high school students.
- For more information about National Women's History Month visit :

<http://www.nwhp.org/>

"A good laugh and a long sleep are the best cures in the doctor's book." - Irish Proverb





## Let's Move! Section

In celebration of Women's History Month, we wanted to highlight the hard work of our own First Lady, Michelle Obama, and her Let's Move! program. Let's Move! is dedicated to stopping childhood obesity within a generation, so that children who are born today will grow up to have a healthier life. Let's Move! is about putting children on the path to a healthy future during their earliest months and years by

- Giving parents helpful information
- Fostering environments that support healthy choices
- Providing healthier foods in our schools
- Helping kids become more physically active
- Ensures that every family has access to healthy and affordable meals.

Michelle believes everyone has a role to play in reducing childhood obesity. This includes parents, elected officials, schools, health care professionals, and faith-based and community-based organizations. Your involvement is key to ensuring a healthy future for our children. To find out more about Let's Move! go onto [www.letsmove.gov](http://www.letsmove.gov).



"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake." - Michelle Obama

### What Michelle has been up to lately

- Spends time with her daughters
- Continues to work with schools
- Promotes Let's Move!

- Works on new food label plan
- Advocates for healthy living

### **Fitness & Wellness Incorporated in Classes Other than Physical Education: As Told By MHS Teacher, Sam Hoogsteen**

Q. What do you teach, what grade do you teach, and how long have you been teaching it?

A.I teach US History to sophomores and juniors and have been teaching for 16 years.

Q. Do you think it would be realistic to integrate physical activity into your lesson plans? (i.e. enough space/time)

A.Yes I do believe it is realistic to add some form of physical activity.

Q. How do you think your students would respond or how do they respond to physical activity in the classroom?

A.I often have the students play games, get up, move around, answer questions and participate out loud. I believe when I do certain games I see that it re-focuses them. There is one particular game I play where I grab a soft Boston Celtics ball. If the student answers the questions correctly they get rewarded by getting the chance to throw the ball in the trash can for a "point". As simple as that is, it makes students want to try and throw that ball which in turn makes them want to participate in class discussions.

Q.How else do you incorporate more physical activity in your class?

A.I do activities called "talk and turn". Talk and turn is when students turn to their neighbor and talk about the content we are currently working on in class. It gets the students' brain moving. I also will occasionally have students act out skits through what we are learning. Groups or students will be assigned a topic and have to act out what as going on.



Sam Hoogsteen



## Recipes

### Stir Fry Chicken (10 Servings)

1½ LB's of Boneless Chicken Breast  
cut into strips of ½ by 3 inches  
Cook in oiled pan- stir till no longer  
pink

Cook 6 Cups of Vegetables  
3 Celery Ribs – cut up in 1 inch pieces  
3 Carrots cut up  
1 Onion sliced in long chunks  
1 Yellow Pepper cut up  
1 Green Pepper cut up  
Cook all vegetables in a lightly oiled  
pan till they are slightly crunchy

### Sauces

2 cups of chicken broth  
3 TB Corn Starch  
1 TB Sugar  
1½ TSP Garlic  
1 TSP Ginger  
¼ TSP Red Pepper  
Stir Sauce in pan with all meat and  
vegetables and serve  
over rice



“One cannot  
think well, love  
well, sleep well,  
if one has not  
dined well.” -  
Virginia  
Woolf, *A Room  
of One's Own*

Recipes pro-  
vided by  
Christie Gris-  
wold, Cook at  
Beta Theta Pi  
Fraternity.



### Apple Salad

5 Fuji Apples cut into 1-inch slices  
4 Snickers Candy bars cut into ½  
inch slices  
½ Cup of Sour Cream  
1 TSP of Cinnamon  
1 package of instant vanilla pud-  
ding mix  
1 carton of frozen whipped top-  
ping, thawed  
1 Cup of Milk  
Stir Together and set in fridge to  
chill

# MARCH 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Fine Arts Ball in Lewiston
2 86th Annual Academy Awards	City of Moscow City Council Meeting  How to Handle Emotionally Charged Situations In the Workplace at UI Administration Building	4 6th Street Senior Center Dances  Moscow Food Co-op's Tuesday Night Music Series	5 Inland Northwest Blood Drive	6 6th Street Senior Center Dances  American Hustle 6pm	7 Partner Yoga Fridays at Nourish Yoga  American Hustle 6pm	8 Washington Idaho Symphony Concert 5 at WSU  American Hustle 6pm
9 Washington Idaho Symphony Concert 5 at WSU  American Huatle 6pm	10 Chinese Movie Night - Forever Enthralled At the Kenworthy Performing Arts Centre	11 "A Thousand Pieces of Gold" by Ruthanne McCunn Book Discussion at Lewiston City Library  Luna Fest	12 Inland Northwest Blood Drive  Caladh Nua Blue Gold: World Water Wars	13 6th Street Senior Center Dances  Inside Llewyn Davis	14 Partner Yoga Fridays at Nourish Yoga  Inside Llewyn Davis	15 Contra Dance  Meditation Workshop: From Form to Formless  Inside Llewyn Davis
16 Inside Llewyn Davis	17. St. Patrick's Day  City of Moscow City Council Meeting	18 6th Street Senior Center Dances  Moscow Food Co-op's Tuesday Night Music Series	19 Inland Northwest Blood Drive	20 6th Street Senior Center Dances  The Great Beauty at the Kenworthy	21 Partner Yoga Fridays at Nourish Yoga  The Great Beauty	22  The Great Beauty
23  The Great Beauty	24	25 6th Street Senior Center Dances  Moscow Food Co-op's Tuesday Night Music Series	26 Inland Northwest Blood Drive  Eating Alabama	27 6th Street Senior Center Dances  Native American Film Festival	28 Partner Yoga Fridays at Nourish Yoga  MCOOC Ambassador Luncheon Native American Film Festival	29 Yin Nidra Workshop at Nourish Yoga  Native American Film Festival