



**SPECIAL
POINTS OF
INTEREST:**

- Interview with Mrs. Lyon
- On-The-Go breakfast and snack ideas
- Mindfulness tips
- What's going on in Moscow this month

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Sleep Instead of Screens

According to a 2011 study conducted by Stanford University researchers, interrupted sleep could negatively impact our memory. We all spend a large portion of our time staring at screens and answering emails or texts when we should be sleeping.

The National Institute of Health suggests 7-8 hours of sleep per night for most adults, and more for teenagers and children, but screen-time before sleep can decrease sleep quality.

A full night's rest can boost memory function, resilience of the immune system, and maximize productivity throughout the day. As school begins again, let's make it a priority to put down phones, shut down laptops, and catch more zzz's.



Welcome Back to School!

MAY YOU BE PROUD
OF THE WORK YOU DO
THE PERSON YOU ARE
AND THE DIFFERENCE
YOU MAKE

Letter from the Editors



Happy September! Our names are Chloe Wilson and Cara Pantone, and we're excited to share the September issue of the MSD Pulse with you! As education students at the University of Idaho, we love back-to-school time!

It's a busy time when new routines are being established and new challenges and changes are happening. Within this hectic time, it's easy to forget to take care of ourselves, but it's important we make health a priority. We hope this newsletter gives you more ways to remain balanced, productive, and happy this month!

Back to School Illness Prevention



The major predator that students, teachers, and parents have to worry about when school begins is germs! Illnesses like the common cold prey on students when they return to the classroom. According to WebMD.com, the average child suffers from six to ten colds a year! This results in missed school days and shared germs at home. A cold isn't the only bug to watch out for when back to school time rolls around, however. Here are ten tips to protect yourself and your children from any school yard germs:

(List from www.webmd.com/children/features/germs-in-school-room)

1. Keep your family up-to-date on all immunizations—this includes an annual flu vaccination. Preparing the body to deal with common viruses can be the best method of prevention.

2. Teach and model good handwashing practices—wash hands for 20 seconds with warm water and soap after using the restroom, before eating, and before touching your face.

3. Stock up on hand sanitizer—hand sanitizer is a good go-to when washing your hands isn't an option.

4. Give sick people space—practice keeping your distance from those with sneezes and sniffles.

5. Use your own supplies—bring your own pens, pencils, scissors, etc.... These can be major germ sharing tools.

6. On a similar note, do not share personal items—things like water bottles and chapstick should not be shared.

7. Beware of high germ zones—the water fountain and lunch trays can have more bacteria than a toilet seat!

8. Regularly clean backpacks, bags, and lunchboxes to avoid a build-up of germly junk.

9. Boost your immune system at home—make sure to get a good night's rest, maintain a well-balanced diet, and drink plenty of water to keep your immune system functioning at it's best!

10. Share your box of Kleenexes and hand Sanitizer. Pack enough to keep those around you healthy too!

Frequent hand-washing is an important skill that can help our immune system fight off nasty bugs. It is recommended to sing the "Happy Birthday" song two times through while washing your hands.

Make a big batch of egg muffins over the weekend and freeze them.

Thaw them out in the microwave or oven each morning for a healthy, on-the-go breakfast!

On-the-Go Breakfast: Egg Muffins

Prep Time: 5 minutes

Total Time: 30-40 minutes

Yield: 6 Egg Muffins

Make-Ahead Egg Muffins

Ingredients:

6 Large Eggs
1/4 Cup Milk
1/3 Cup Shredded Cheese
Salt and Pepper to taste

Optional Fillings:

Crumbled Sausage
Chopped Ham
Crumbled Bacon
Diced Onion
Diced Bell Pepper
Fresh Spinach
Chopped Broccoli
Thinly sliced Mushrooms
Thinly sliced Green Onion



This is an egg-cellent recipe to use in your household because it is easy to personalize to your tastes! Choose a meat and veggies that you like to put in the egg muffins, it's ok to be creative!

Recipe and photo from:
www.recipegirl.com/2014/10/18/egg-muffins/

Cooking Directions:

1.) Preheat oven to 350 degrees. Spray muffin tin with non-stick cooking spray or line with silicone liners.

2.) If including meat in the muffins, cook as desired and drain off any fat. Make sure it is crumbled or chopped into small pieces.

3.) Chop any veggies that will be included and briefly sauté

4.) In a medium sized bowl, whisk together eggs and milk.

5.) Mix in meat and veggies and then salt and pepper as desired.

6.) Pour mixture into prepared muffin tins and top with cheese.

7.) Bake 25-30 minutes, until eggs do not feel gooey to the touch.

8.) Enjoy immediately or freeze for the week!

Make It Mindful

The Wayne Cook Posture

The Wayne Cook Posture centers on calming and rebalancing your mind and body. It can help focus your mind, untangle inner chaos, see with better perspective, think more clearly, and learn more proficiently. This technique only takes between one and two minutes to complete.

1. Sit with your spine straight. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose. Letting your breath lift your body while stretching your leg toward you.
3. Exhale slowly through your mouth relaxing your body.
4. Repeat four or five times.
5. Switch to the other foot and repeat the entire process.
6. Uncross your legs and arrange your fingertips in a steeple.
7. Rest your thumbs just above the bridge of your nose.
8. Breathe in slowly through your nose and out through your mouth three to four times.
9. Exhale separating your thumb and slowly stretching the skin on your forehead upwards.
10. Slowly bring your hands down in front of you.
11. Relax into your own breathing.

(The Royal Gazette, 2008) <http://www.royalgazette.com/article/20081216/>



5 Mindfulness Exercises

Here are exercises you can incorporate into your day without participating in formal meditation, each lasting under one minute.

1. Two mindful bites

Pay attention to the sensory experiences—the texture, taste, smell, and appearance of the food.

2. What one breath feels like

Feel the sensations of one breath flowing into and out from your body.

3. Take a mindful moment to give your brain a break instead of checking your email

Spend a few seconds watching leaves blow or to notice your surroundings before automatically reaching to check your phone or email.

4. Scan your body

Scan your body from top to toe for any sensations of discomfort or tension. Attempt to soften those, then scan your body for sensations of comfort & ease.

5. Do one action mindfully

Pick one everyday action to do mindfully.

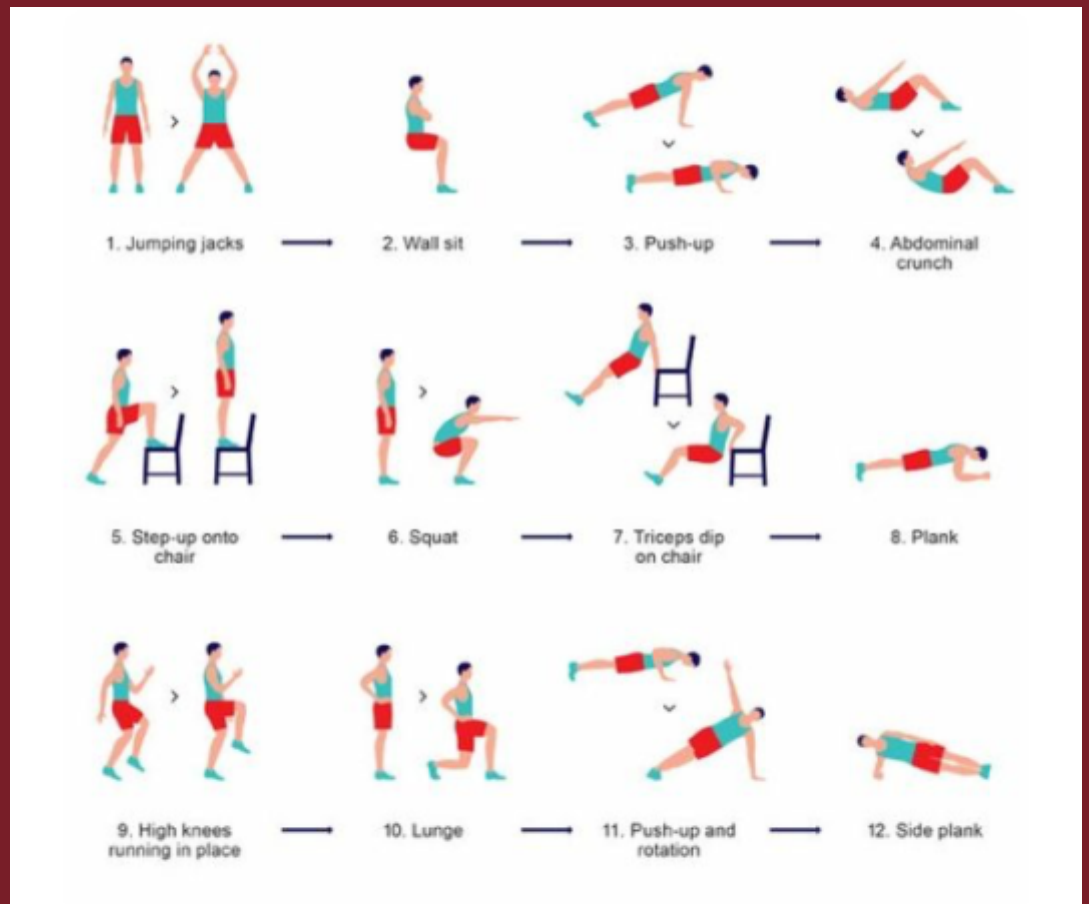
Sweatember

This workout plan exemplifies the idea behind HIIT (High Intensity Interval Training). According to BodyBuilding.com, HIIT is more effective than normal cardio because the high intensity allows you to burn fat while increasing aerobic and anaerobic endurance.

It is so important to sneak in at least a little bit of physical activity every day, no matter how busy our schedules are. The Center for Disease Control recommends 2 hours and 30 minutes of exercise every week.

It can be difficult to find time for physical activity when the school year begins and schedules fill up. Studies have shown, however, that just a few minutes packed full of powerful exercise can have a huge beneficial impact on your health. This workout is designed to last for seven minutes total, so it is easy to squeeze in at break time or in your morning routine.

Do each exercise for 30 seconds, followed by a 10 second rest period.



Workout diagram and instructions from: www.glamour.com/health

Back to Basics: Interview with Mrs. Lyon



Rachel Lyon
MHS— Sophomore English,
Accelerated Sophomore English,
and Advanced Placement Junior English

How do you personally define being healthy?

I define being healthy as someone who is fit enough to work or play with comfort and ease.

How and why do you stay physically active?

In the summer I walk every day, and during the school year I try to go the gym (treadmill, elliptical, some weights) at least twice a week for an hour after school. On a good week I

make it three times. My family likes to ski in the winter and bike in the summer, so I need to keep up with them. I also need to be quick physically to get around the room and my building. Keeping fit and feeling good makes this easier.

What methods do you use to manage stress?

I play music (old-time fiddle), so learning a new tune helps me. I also do not do any schoolwork on Friday nights or all day Saturday. I also like to read, so I try to find a novel that has no great literary merit, but is just fun.

What is the happiest part about this time of year for you?

I love getting to know the kids and seeing more than what's on the surface. I like learning about them and hopefully giving them a chance to know me. I also like that it's a clean slate for everyone and a season of fresh starts.

Do you have any strategies for eating healthy? If so, what are they?

Packing a lunch is much better than depending upon buying one at school. (although our school serves healthy food, it's meant for teenagers, not adults.) I try to eat what I pack – lots of protein and fruit and vegetables. I also try to keep junk food out of my desk drawers, and I don't drink soda at all.

What advice would you give to students and teachers for this time of year?

Remember to be equally as kind to yourself as you are to your students and colleagues.

10 Healthy On-the-Go Snacks

1. Nuts— Almonds and cashews are great nuts to pack. These protein-packed powerhouses will keep you satisfied and content between meals.
2. Veggies— A Ziploc bag filled with baby carrots, celery sticks, peppers, and other veggies are always a great idea. If you don't like veggies plain, add some light ranch dressing!
3. Nutrition Bars— Luna, Larabar, or Cliff bars are great snacks packed with protein, fiber, vitamins, and minerals.
4. Beef Jerky— Beef jerky is low in fat and calories and high in protein, just don't choose jerky with high sodium levels and nitrates!
5. Fresh fruit— The best fruits to pack are grapes, bananas, and apple slices.
6. Water!
7. String cheese— These are low-calorie and a great option for kids and adults.
8. Rice cakes— Rice cakes are a great crunchy alternative to potato chips, and you can choose from a variety of flavors.
9. Granola— is yummy snack and made from whole grains.
10. Popcorn— Opt for the container with the kernels and pop them yourself! Mist with olive oil or sprinkle with chili powder for a zesty flavor!
[\(www.skinnymom.com/10-on-th-go-snacks/\)](http://www.skinnymom.com/10-on-th-go-snacks/)



Calendar Details

Meet the Teams Night:

All students, parents, athletes, and community members are invited to come meet the 2015 Moscow Bear sports teams. The Bear Boosters provide free burgers, chips, drinks and cookies!

Back to School Night:

Parents are invited to meet at the Field House and spend the evening following their child's schedule through the school to experience their child's typical day.

Family Movie Night:

McDonald Elementary is hosting a family movie night on the lawn. Bring a chair and a blanket! Movie starts at 7:45pm!

MHS Sports:

Only home games are listed on the calendar. Football games begin at 7:00pm and soccer games begin at 4:30 pm.

Latah County Fair:

For entry dates and special performance information, visit www.latah..id.us/fair/information.php

SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>First Day of School!</i>	2 <i>Meet the Teams Night</i>	3 <i>MHS Soccer Game</i>	4 <i>MHS Football Game</i>	5 <i>Farmer's Market</i>
6	7 <i>Labor Day</i>	8	9 <i>MHS VB Game</i>	10 <i>Back to School Night</i>	11 <i>Family Movie Night</i>	12 <i>Farmer's Market</i>
13	14	15	16 <i>MHS Open House</i>	17 <i>Latah County Fair Begins</i>	18 <i>MHS Football Game</i>	19 <i>Farmer's Market</i>
20	21	22	23	24	25	26 <i>Farmer's Market</i>
27	28	29 <i>MHS Soccer Game</i>	30			

IT'S YOUR CHOICE...
Make It Healthy!