



HAPPY NEW YEAR!

January 2019

	Tue	Wed	Thu	Fri	Sat
		2 Christmas Holidays	3 Christmas Holidays	Christmas Holidays	<ol style="list-style-type: none"> 1. Be Kind to Everyone 2. Cutdown on Junk Food 3. Watch Less TV 4. Start Exercising 5. Go For A Holiday 6. Pray Often 7. Be Punctual 8. Less Day Dreaming 9. Learn A New Recipe 10. Read More Books
6 Teacher Work Day	7 First Day of Classes	8	9	10	1
13	14	15	16	17 School Board Meeting	1
20 	21 Lunch & Learn South	22	23 Lunch & Learn Captiol	24	25 26
27 Lunch & Learn LABC	28 Lunch & Learn LHS	29 Lunch & Learn LMS	30 Lunch & Learn LIS	31	



Major Workout Motivation Tips Part 1

Get You Mind On Board

1. Determine Your "Why"

Before you start any new workout routine, ask yourself why you took a hiatus in the first place. Maybe you were recovering from an injury or sickness. Late nights in the office and family or social obligations can also sidetrack you.

2. Find Meaning

Aside from having stronger arms and dropping pant sizes, exercise has other amazing benefits. You feel more energized, have better body confidence and have improved your overall health. Ask yourself: Why do I work out?

3. Switch to Positive Mode

When you envision a goal, it becomes your reality, according to science. Identify your obstacles and come up with strategies on how to overcome them.

4. Appreciate Your Body

The human body is a pretty awe-inspiring machine. So don't limit your exercise expectations to just the stuff you can and can't see.

5. Quit the Negative Self-Talk

Chances are, you're harder on yourself than anyone else in your life. But it's time to reframe those negative thoughts. If you slipped up and had a donut for breakfast, don't think, "I'm a failure." Acknowledge that while you may have gone off course today, you will do better tomorrow.

6. Avoid Social Media Comparisons

As great as it is to find inspiration and support on Facebook and Instagram, seeing photos and status updates can trigger unhealthy thoughts or comparisons.





Guide to Better Sleep



7 a.m. Keep a consistent wake time seven days a week. "The most important piece of advice is to pick a wake-up time and stick with it. This helps stabilize your circadian rhythm, your body's internal clock for regulating feelings of sleepiness and wakefulness over a 24 hour period. As tempting as it may be to sleep later on the weekend, that can throw off your body clock during the week.

7:05 a.m. Make Your Bed. According to a National Sleep Foundation survey, bed-makers were nearly 20 percent more likely to report getting a good night's sleep on most days than people who said they didn't bother. "Keeping your bedroom neat helps your sleep quality.

NOON Eat a Hearty Lunch Big dinners prolong digestion, which interferes with a good night's sleep, so it's better to eat your biggest meal before midafternoon and have a light evening meal of 500 calories or less. Pack every meal with foods like salmon, tuna, spinach, walnuts or tofu that are high in omega-3 fatty acids, which affect levels of melatonin, a hormone that signals the body to prepare for slumber.

2 p.m. Cut off caffeine consumption. Caffeine has a long half-life, between six to eight hours, which means it can take up to eight hours for half of the caffeine to be metabolized by your body.

5 p.m. Hit the gym. People who worked out four times a week for at least 30 minutes fell asleep 12 minutes earlier and slept 42 minutes longer than those who didn't exercise. There's no magic time to work out, but if it tends to keep you up aim to finish four hours before bed.

9:30 p.m. Write down your worries. Doing a presleep brain dump of what's making you anxious, including what you have to do the next day, frees your mind so it can settle down.

10 p.m. Turn out the lights Melatonin is dramatically affected by light, and while light of any kind can suppress its secretion, research shows exposure to blue light, the kind emitted by tablets, smartphones, and TVs, is particularly powerful at doing so. Melatonin kicks in at about 9 or 10 p.m., but if reading on your Kindle or watching TV, you may be countering its sleep-including effects. If you can put down your tech at least an hour before bed, consider a pair of blue blocker glasses.

11 p.m. Listen to a Lullaby. Talk about sound advice? Listening to soft, slow (60 to 80 beats per minute) music before bedtime boosted sleep quality by 35 percent. Music affects the body's natural stress relievers and quiets the anxiety that keeps you tossing and turning.





Healthy Chicken & Dumplings

Ingredients

4 cups shredded chicken breast
2 Tbsp Olive Oil
1 cup chopped Carrots
1 chopped celery
2 cups chopped onion
1 Tbsp poultry seasoning
1/4 tsp salt
1/4 tsp pepper
8 cups chicken broth

Dumplings:

3/4 cup whole-wheat flour
1 cup self-rising flour
1 tsp poultry seasoning
1 tsp pepper
1/2 can canned pumpkin puree
2/3 sup low-fat buttermilk

Preparation

1. Heat 2 Tbsp olive oil in a large pot over medium-high. Add carrots, celery, onion, poultry seasoning salt and pepper.
2. Cook, stirring occasionally, until softened, about 8 minutes. Pour in 8 cups low-sodium chicken broth and stir to combine.
3. Increase heat to high; bring mixture to boil. Reduce heat to low and simmer 10 minutes

Dumplings:

1. In a large bowl, stir together whole-wheat flour, self-rising flour, poultry seasoning and pepper.
2. Stir in canned pumpkin puree and buttermilk.
4. To the broth, add 4 cups cooked shredded chicken breast.
5. Drop dumpling batter into broth in heaping tablespoons, making about 12 dumplings.
6. Cover and simmer until dumplings are firm and cooked through, about 10 minutes

Serves 6

Per Serving: 386 Calories, 9 g fat, 80mg cholesterol, 38g protein, 39g carbohydrates, 6g sugar, 5g fiber, 591mg sodium





Felicita Loe - LABC - Jan. 1

Darlys Hale - Retiree - Jan. 2

Primo Lara - Retiree - Jan. 2

Rebecca Macha - LHS - Jan. 2

Esmeralda Almager - Capitol - Jan. 3

TeaCora Harris - LABC - Jan. 3

Jane James - Administration - Jan. 8

Letty Davila - LABC - Jan. 9

Sherry Alexander - Administration - Jan. 10

Mike Lawson - Retiree - Jan. 11

Kirk Pritchett - Spouse - Jan. 15

Debra Burnett - Retiree - Jan. 16

Librada Segoviano - LMS - Jan. 16

Lorena Sanchez - LHS - Jan. 19

Judy Whisenant - Retiree - Jan. 20

Sharon Jones - LHS - Jan. 23

Ginger Grametbaur - Capitol - Jan. 24

Pam Pitts - LIS - Jan. 27

DeeDee Montez - Administration - Jan. 28

Patricia Reyes - Administration - Jan. 30

Holly McGinnis - LMS - Jan. 31

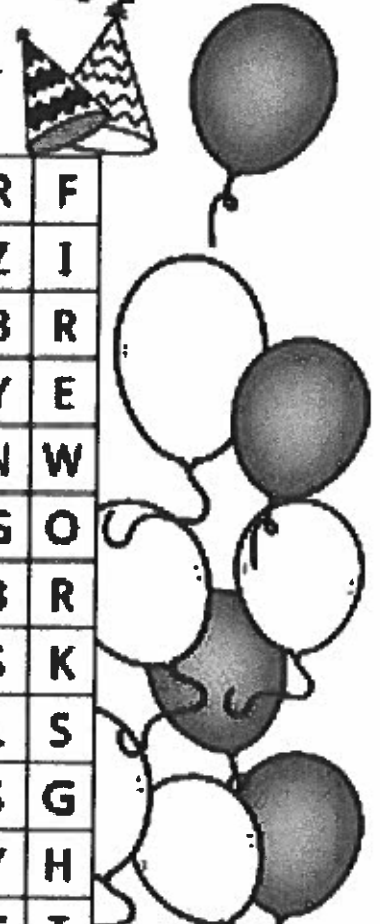


January



Happy New Year!

Directions: Circle the words hidden in the puzzle.
The words are spelled horizontally and vertically.



J	R	E	S	O	L	U	T	I	O	N	P	A	R	F
A	B	P	G	M	I	D	N	I	G	H	T	N	Z	I
N	C	A	O	D	J	A	F	T	R	Q	R	M	B	R
Y	E	G	H	E	A	E	R	M	A	H	A	U	Y	E
M	L	C	O	U	N	T	D	O	W	N	D	S	N	W
C	E	N	L	X	U	M	I	D	M	F	I	D	G	O
O	B	F	I	P	A	R	A	D	E	S	T	E	B	R
U	R	O	D	G	R	S	T	R	A	B	I	C	S	K
H	A	M	A	H	Y	H	F	I	S	G	O	A	L	S
O	T	I	Y	R	L	G	O	H	O	L	N	T	S	G
L	E	N	D	E	C	E	M	B	E	R	B	E	Y	H
T	R	S	U	T	O	R	M	A	M	U	S	I	C	T

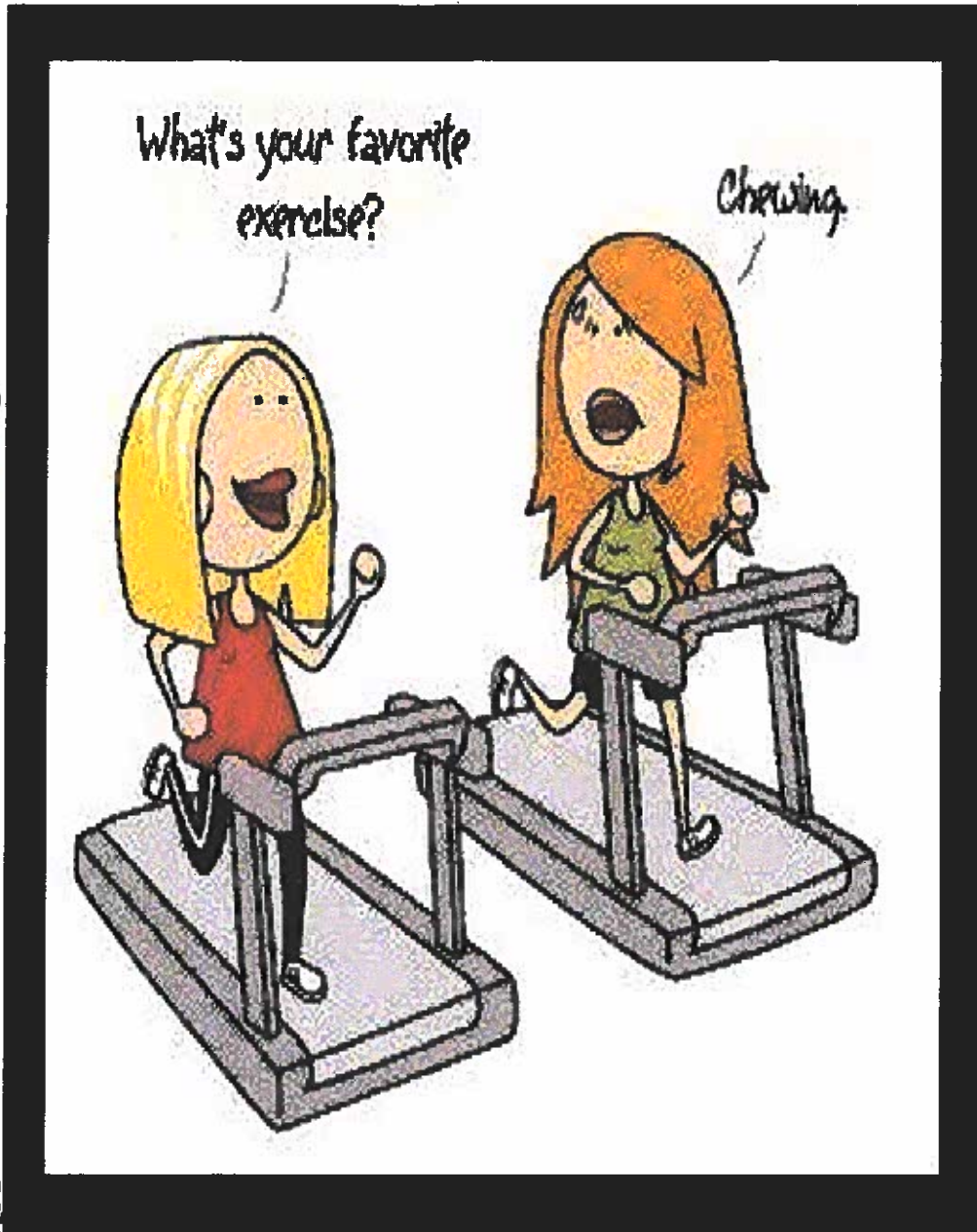
midnight	resolution	fireworks	December
countdown	goals	music	January
tradition	celebrate	parade	holiday



My New Year's Resolution:



Laugh
Corner





SAVE THE DATE!

Levelland ISD

- | | |
|-----------------------------|--------------------------------------|
| 2-5-19—Intermidate | 2-12-19—Cactus |
| 2-6-19—High School | (Cactus, Capitol, South. ABC) |
| 2-7-19 Middle School | 2-13-19—Admin |

The testing will help

detect:

Diabetes

Heart Disease

Cholesterol

Triglycerides

Obesity

Elevated Blood Pressure

Spring Lunch and Learn

Important Lunch & Learn DON'T Miss

Come join us for our spring Lunch and Learn. The wellness program will furnish lunch and will be at your work site on the following dates. It is very important that you join us for lunch and learn how to sign up for your upcoming comprehensive bloodwork in February. All appointments have to be completed online. Don't Miss!!! Make sure and sign up to attend. Plus I will be introducing the new contest for the Spring. The sign up sheet will be on your wellness bulletin board.

Schedule

January 22 - South

January 24 - Capitol

January 28th - LABC

January 29th - LIS

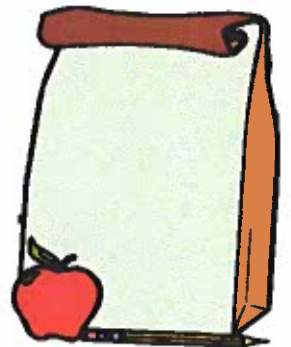
January 30th - LMS

January 31st - LHS

February 1st - Administration

12:30 p.m.

(Carver, SPECO, Transportation)



The Return of the Scorecard!!!

This spring the scorecard will be returning!!! We will have a shorter version of the old scorecard that we used to use in the very beginning of the wellness program. There are activities that you will complete to win points.

The more points you earn the possibility of winning prizes for different levels of points achieved is awesome!! Plus participating in the program will win you points for the end of the year big prize!!!

The scorecard program will begin on February 4th and end on May 13th.

We are working to have them on the web page so you can report them via computer.

To learn more be sure and attend the wellness meeting this month. Refer to the flyer for information and dates of meetings.



Begins: February 4, 2019
Ends: May 13, 2019