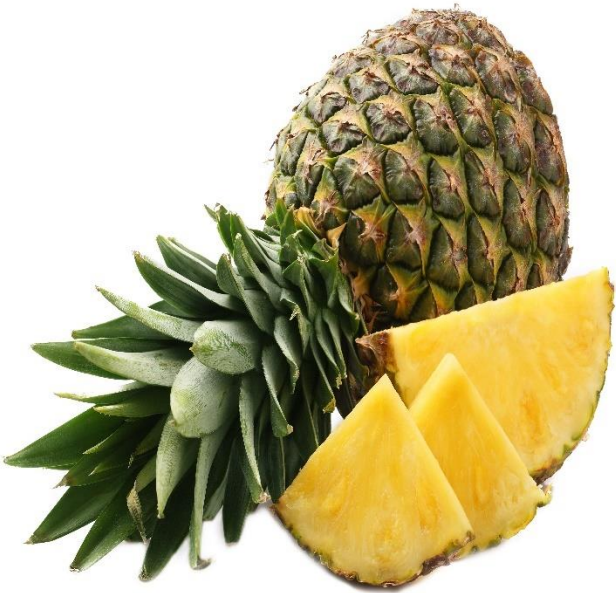




## THIS WEEK'S THEME:

### PINEAPPLE!!



**Who doesn't love the taste of sweet, delicious pineapple?? – YUMMMY!!! Let's see what's up with PINEAPPLE!**

The scientific name for pineapple is "Ananas comosus," which comes from the Tupi language. **Did you know that a pineapple is not an apple, or pine? It's actually a berry!** The name suggests that the fruit is part of the apple or pine family, however, it is not. A pineapple is a combination of many berries that have fused and grown together to form the fruit. This means it isn't a singular fruit but multiple berries.

Once a pineapple plant roots, it takes around two to three years to mature and produce fruit. A pineapple plant will, on average, produce one fruit at a time per year naturally. So, a pineapple that lives for 50 years will produce 50 fruits within its lifetime. Pineapple plants grow to around 3.3 to 4.9 ft. (1.0 to 1.5 meters) tall. The best pineapples have the perfect balance of sweetness to acidity and are commonly grown at around 984 ft (300 meters) elevation. The majority of pineapples are grown in Latin America, with Costa Rica growing around 84% of the world's pineapples.

It has become a common experiment to try and grow plants from discarded pips, seeds, and peelings of fruit and vegetables. All you need to do is remove the tip or stem of the pineapple from the fruity bit that you would typically eat. Then you need to pick off a few of the leaves closest to the bottom of the stem and place them in a glass of warm water.



The Dole Plantation's Pineapple Garden Maze in Hawaii has the record for the largest maze in the world.



## HAWAIIAN CHICKEN AND PINEAPPLE

### INGREDIENTS

- **¼ cup** reduced sodium soy sauce
- **¼ cup** pineapple juice
- **¼ cup** brown sugar, *packed*
- **2 tablespoons** ketchup
- **3 cloves** garlic, *minced*
- **1 tablespoon** freshly grated ginger
- **1 teaspoon** sesame oil
- **1 teaspoon** Sriracha, *optional*
- **4** boneless, *skinless chicken breasts*
- **2 tablespoons** chopped fresh cilantro
- **1** large pineapple, *cut into 8 to 10 wedges*
- **¼ cup** brown sugar



### DIRECTIONS

- In a medium bowl, whisk together soy sauce, pineapple juice, brown sugar, ketchup, garlic, ginger, sesame oil and Sriracha. Reserve 1/4 cup and set aside.
- In a gallon size Ziploc bag or large bowl, combine soy sauce mixture and chicken; marinate for at least 1 hour to overnight, turning the bag occasionally. Drain the chicken from the marinade.
- In another gallon size Ziploc bag or large bowl, combine pineapple and brown sugar.
- Preheat grill to medium high heat. Add chicken and pineapple to grill and cook, flipping once and basting chicken with reserved 1/4 cup marinade until cooked through, about 5-6 minutes on each side. Serve immediately, garnished with cilantro, if desired.



## YOGA SCHEDULE

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	Tuesdays <b>STARTING APRIL 23RD</b>	3:45 – 4:45 pm	Alison Donnelly
Chemainus Secondary Dance Room	Thursdays	3:45 – 4:45 pm	Alison Donnelly <b>Brittany Leonard starting April 25<sup>th</sup></b>
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

### Note:

**APRIL 29<sup>TH</sup> – NO YOGA CLASS AT QUAMICHAN SCHOOL**

**Frances Kelsey** will have a new yoga instructor starting on April 23<sup>rd</sup>, 2024!! I am pleased to announce that Alison Donnelly will be hosting this class at the new start time of 3:45 p.m. Thank you, Alison!!!

Please welcome Brittany Leonard back to teaching her class at **Chemainus Secondary** on April 25<sup>th</sup>, 2024 ~ WELCOME BACK BRITTANY!!!!

# LifeSpeak Campaign April 1-26

## Caring for You, Your Loved Ones, and Everything in Between



### PART 2

## Embracing the Parenting Journey [➔](#)

Parenting is an exciting journey full of surprises. Just when we think we've got it all figured out, new challenges come our way, keeping us on our toes. It can be overwhelming to navigate the ups and downs of parenting in today's fast-paced world.

In this part of the campaign, our experts will offer practical strategies to create a secure and nurturing environment for your family. Whether it's building your children's confidence, resolving conflicts, or engaging in thoughtful discussions about topics like puberty, you'll learn important skills to care for your loved ones and cultivate a happier home. Every challenge is an opportunity to strengthen your bonds and make cherished memories together.

[CLICK LINK BELOW](#)

## [PART 2 - EMBRACING THE PARENTING JOURNEY](#)



## Guidance and Support for Parents and Caregivers

In this campaign, taking place April 1 to 26, you'll discover strategies to enhance your mental well-being, cultivate self-compassion, and strengthen connections with others. From fostering safe spaces for challenging discussions with loved ones to navigating family finances, and addressing burnout, you'll reclaim your energy to fulfill both your own needs and those of your loved ones.

Join our Ask the Expert web chat, **Navigating Family Finances**, with Shannon Lee Simmons and Bob Gavlak, Finance Experts, on April 24, at 12:00 PM ET.

### Log in at:

[sdbc.lifespeak.com](https://sdbc.lifespeak.com)

### Access ID:

lifespeak

Part 1  
Creating Space  
for Self-Care



Part 2  
Embracing the  
Parenting Journey



Part 3  
Navigating Family  
Finances



Part 4  
Supporting Aging  
Loved Ones



Scan to launch  
the campaign



 **LifeSpeak**  
Mental Health & Resilience

# alive@work *Healthy Learning at Work*

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3-minute read

## Are you sobercurious?

Alcohol may be inhibiting you from living your best life

2-minute read

## Beauty from the inside out

An Indigenous approach to Inner beauty

2-minute read

## How foods help us detoxify

Nutrition for spring cleansing

3 great recipes

## Salads, reimagined

Warm salads to bowl you over

3-minute read

## Kick seasonal allergies to the curb

Magnifying the Immune response

## alive

Your complete source for natural health and wellness

[Cowichan Valley School District \(alive.com\)](https://www.alive.com)

Welcome to the latest edition of alive@work!

Here you'll find quick tools to inspire you on your health and wellness journey.

Be sure to check out the alive@work bonus TAKE 5, where you'll discover even more healthy cooking ideas and actionable health facts.

Enjoy!

# MAY MOVEMENT CHALLENGE



Spring is here and its time to get moving! The physical and mental health benefits of movement are well documented, but sometimes we need a little “challenge” to get us going. For each 10 minutes of movement you participate in, colour in a number on your shoe (COMING SOON!) 10 minutes of exercise equals 1 point.

Movement can include anything that gets your heart rate up, such as a brisk walk, running, hiking, spin/biking, strength training, yoga (try one of our free classes!), swimming, dancing, paddle boarding, chopping wood, etc. The goal is to move and get your heart rate up daily, while improving your health and to create and/or maintain good habits in a way that is beneficial and sustainable for you.

Start tracking your exercise from May 1<sup>st</sup> to May 31<sup>st</sup>. If you complete all 100 squares on your shoe, print another sheet for another entry!

You will submit entries via the Microsoft Forms Survey that will be sent out in May. Deadline to submit shoes will be June 7<sup>th</sup> 2024. Once all entries are submitted, there will be a draw for some amazing prizes!!!



Hul'q'umi'num Greeting for this week





If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email! [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)**

....until next Wednesday!!!

Take care,

Donna Whyte

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