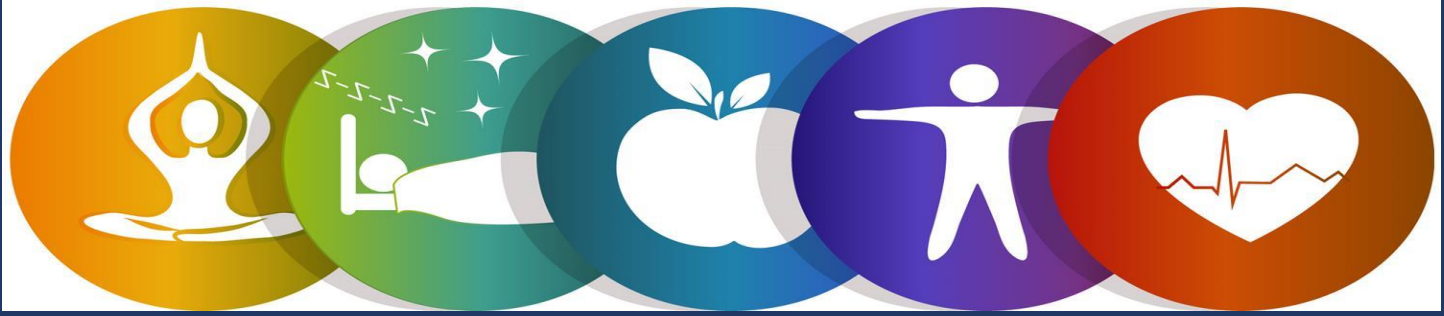


WELLNESS



THIS WEEK'S THEME:

Edible Rice Paper

Anyone else just LOVE Spring Rolls?? – a light and healthy Springtime meal made with various ingredients, one being edible rice paper....Oh and don't forget the delicious sauce!!!...let's take a look!

Edible rice paper is typically made from a simple mixture of rice flour, tapioca flour, salt and water. The combination of rice flour and tapioca flour gives it its unique texture and flexibility. The most common use for edible rice paper is wrapping ingredients for spring rolls. It acts as a delicate, edible wrapper that holds together fillings like vegetables, shrimp, and herbs. In some Asian cuisines, rice paper is used to encase dumplings or other savory snacks. Rice paper can also be

steamed or pan-fried to create thin crepes. When crisped up, it resembles a thin, crunchy wafer. Before you can use dried rice paper, it needs to be soaked in water to soften. This makes it pliable and ready for wrapping. Once it is hydrated, you can fill with desired ingredients and either served fresh or cooked (such as fried spring rolls)

Fresh Spring Roll Ingredients – Totally flexible but here's some favorite filling combinations:

- Thin rice noodles
- Butter lettuce
- Red cabbage (or green cabbage)
- Carrot
- Cucumber
- Jalapeño (skip if you're very sensitive to spice)
- Green onion, cilantro and mint
- Shrimp, chicken or other favourite protein

THAT DELISH PEANUT SAUCE!

You only need basic pantry ingredients to make the peanut sauce: MIX TOGETHER peanut butter, rice vinegar, tamari or soy sauce, honey or maple syrup, toasted sesame oil and fresh garlic! That's it!!

To make rice paper pliable for rolling, dip them into warm water for a few seconds. The rice paper will turn malleable and soft after a few seconds. Begin filling and roll away!!



How to Wrap Spring Rolls

Spring rolls can seem intimidating, but you'll get the hang of it quickly, I promise. If you have folded a burrito before, you can definitely make spring rolls! Don't stress if your spring rolls aren't totally perfect. A few tips:

1) Make the base

Start by placing a few pieces of lettuce about one-third from the bottom of the circular wrapper. The width of your fillings will determine the width of the spring roll. You want to leave a couple inches open on the two sides for wrapping purposes.



2) Pile on the ingredients

Then, add the remaining ingredients. The exact order doesn't matter much. Just pile them on top, making sure to take up the proper width. It's ok if the fillings spill upward. I try to leave the top one-third of the wrapper open for wrapping.

3) Roll the filling

Gently pull the bottom of the wrapper up and over the lower portion of the filling. Try to keep the fillings compact as you roll upwards, just until the fillings are enveloped.

4) Envelope the sides and roll it up

Pull each side over to enclose the filling. Continue wrapping upward until your spring roll is fully wrapped!

ENJOY ~ let me know if you try them!!



YOGA SCHEDULE

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	Tuesdays STARTING APRIL 23RD	3:45 – 4:45 pm	Alison Donnelly
Chemainus Secondary Dance Room	Thursdays	3:45 – 4:45 pm	Alison Donnelly Brittany Leonard starting April 25th
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:

REMINDER - APRIL 29TH – NO YOGA CLASS AT QUAMICHAN SCHOOL

Frances Kelsey will have a new yoga instructor starting on April 23rd, 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 25th, 2024 ~ WELCOME BACK BRITTANY!!!!

PART 3 NOW AVAILABLE

LifeSpeak Campaign April 1-26 Caring for You, Your Loved Ones, and Everything in Between



PART 3

Navigating Family Finances →

Navigating challenging discussions about finances with loved ones becomes increasingly important as financial pressures continue to rise. Whether it's reconciling differing perspectives with a partner, taking on the financial responsibilities of aging parents, or instilling financial literacy in children, these conversations shape our financial futures. Embracing these discussions with patience, understanding, and open communication is essential for building resilience and unity within the family unit against the growing economic challenges.

In this part of the campaign, our experts provide tools and resources to facilitate these financial conversations effectively and to minimize the impact of financial stress.



Ask The Expert • April 24th at 12:00PM ET
Navigating Family Finances
Shannon Lee Simmons and Bob Gavlak, Finance Experts

Also in this campaign:

- [Part 1: Creating Space for Self-Care](#)
- [Part 2: Embracing the Parenting Journey](#)
- [Part 4: Supporting Aging Loved Ones](#)

Check out "Caring for You, Your Loved Ones, and Everything in Between" campaign now!

CLICK LINK BELOW

[PART 3 - NAVIGATING FAMILY FINANCES](#)



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

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



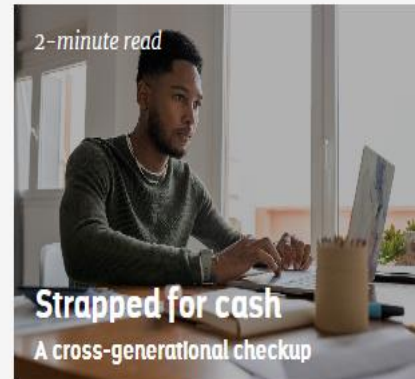
Scan to launch the campaign



LifeSpeak
Mental Health & Resilience

alive@work *Healthy Learning at Work*

Brought to you by



alive

Welcome to our latest edition of alive@work! Here you'll find quick tools to inspire you on your health and wellness journey.

Have a look: <http://work.alive.com/en/cowichan-valley-school-district/2024-04/>

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 1st to May 31st. 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 7th 2024. Once all entries are submitted, there will be a draw for some amazing prizes!!!



Hul'q'umi'num Greeting for this week


Canada Ave
Q'lhan (Ahead of)



Liimus

April

(The time when the wild geese fly in V formation)



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**

...until next Wednesday!!!

Take care,

Donna Whyte

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