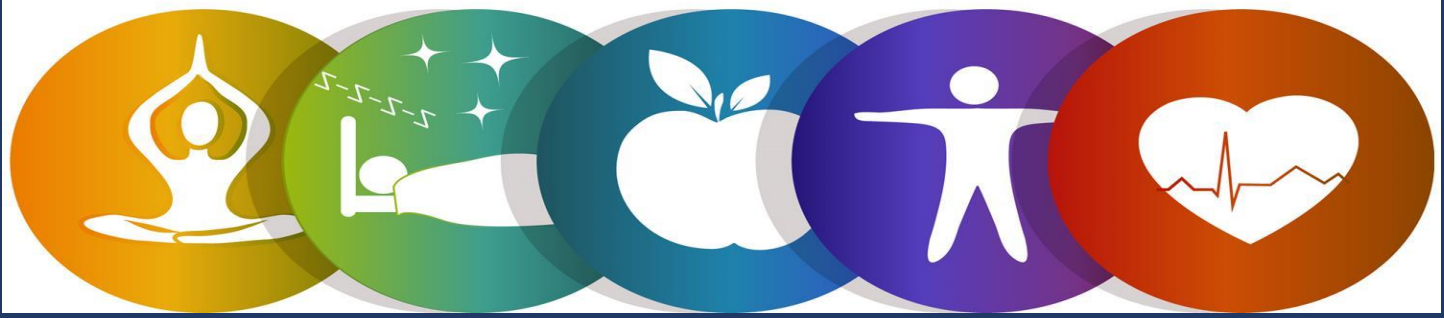


WELLNESS



THIS WEEK'S THEME:

GINGERBREAD!



The gingerbread house became popular in Germany (*Lebkuchenhaeusle* - gingerbread house) after the Brothers Grimm published their fairy tale collection which included "Hansel and Gretel" in the 19th century. Gingerbread houses never caught on in Britain as they did in North America, where some extraordinary examples can be found. But they do exist in other parts of Europe.

In December 2001, bakers in Torun, Poland, attempted to beat the Guinness Book of World Records for the largest-ever gingerbread house. It was made in Szczecin, Poland, with 4,000 loaves of brick-shaped gingerbread measuring 11 1/2 feet high. It took a week to create and used 6,000 eggs, a ton of flour, and 550 pounds of shortening.

EASY GINGERBREAD RECIPE

- 100g salted butter
- 3 tbsp golden syrup
- 100g dark muscovado sugar
- ½ tsp baking soda
- 1 tbsp ground ginger
- 1 tsp ground cinnamon
- 225g plain flour
- 50g icing sugar



- **STEP 1**

Heat the butter, syrup and sugar together in a small pan until melted, stirring occasionally. Set aside to cool slightly.

- **STEP 2**

Mix together the baking soda, ginger, cinnamon and flour in a large bowl. Pour in the buttery syrup mixture and stir to combine, then use your hands to bring together to form a dough. Add up to 1 tbsp of milk to combine if needed. The dough will be soft at this point, but it'll firm up in the fridge.

- **STEP 3**

Put the dough on a sheet of baking parchment, shape into a rectangle, and roll the dough out to a thickness of ½cm then chill in the fridge for 1 hr.

- **STEP 4**

Heat the oven to 190C and line a large baking sheet with parchment. Remove the dough from the fridge and cut out shapes using a cookie cutter. **You can choose any shape. You can also cut out a small hole at the top of your shape to thread ribbon through and hang from a Christmas tree.**



- **STEP 5**

Place the shapes, spread apart, on the lined baking sheet, and bake for 10-12 mins. (Depending on the size of the cutters you use, they might need a few minutes more or less cooking in the oven). Leave to cool completely on the baking sheet.

- **STEP 6**

Meanwhile, mix the icing sugar with 1-2 tbsp water – you want to create a consistency that's thick and pipeable, and not too thin or it will run. Decorate the cooled biscuits with the icing using a piping bag with a thin nozzle.



Check this out



As mentioned earlier, our “Wellness Matters” quarterly newsletter, has been discontinued and replaced with the new alive@work. New editions will be available to you monthly.

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/2023-12/>

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

◆ LifeSpeak Breathe



<https://sdbc.lifespeak.com>

Access ID: lifespeak



The Gift of Time

Holiday shopping can be a source of stress for many people, especially during these challenging times. There are many ways to show your love and appreciation to someone with a meaningful gift.

The gift of time is a wonderful way to show someone you care about them. It means giving them your undivided attention, doing something they enjoy, or helping them with something they need. Here are some ideas on how to give the gift of time to your loved ones:

- If you have friends or family with kids, you can offer to babysit for them so they can have some time alone together.
-
- If you know someone who is super busy with work, you can lend them a hand by doing some chores for them, such as washing dishes, folding laundry, or vacuuming. You can also surprise them by delivering a meal kit you put together yourself, or a homemade dessert.
-
- If you have a skill or a hobby that you can share with someone, you can teach them something they always wanted to learn from you, such as knitting, sewing, gardening, or playing an instrument. You can also make them something personalized, such as a scarf, a pillow, or a photo album.
-
- If you want to spend quality time with someone, you can invite them to a game night or a movie night, where you can enjoy each other's company and have fun. You can also create an experience box with 12 fun ideas and activities to do with them each month of the year, such as going for a hike, visiting a museum, or having a picnic.
-
- If you want to give someone a gift of time that they can use whenever they want, you can make them some coupons that they can redeem for different services or favors, such as a car wash, a breakfast in bed, a treat to dinner out. You can also write them a letter or a poem, expressing your gratitude and appreciation for them.



Wellness Wednesday
JOKE TIME

**Laughing is good for
you!!!**

- How many letters are in the Christmas alphabet? 25 — there's noel.
- What do Santa's Elves learn in school? The ELF abet!
- Why is the Grinch such a good gardener? He has a green thumb.
- What's Tarzan's favorite Christmas song? Jungle bells.
- Why was the advent calendar afraid? Its days were numbered!
- What do sheep say at Christmas? Merry Christmas to ewe.
- What's green, covered in tinsel and goes "ribbet ribbet?" A mistle-toad.
- How does Christmas Day end? With the letter "Y."
- What falls in the winter but never gets hurt? Snow.
- What's the Grinch's least favorite band? The Who.
- What's a dog's favorite Christmas song? Bark, the Herald Angels Sing.
- Who delivers presents to baby sharks at Christmas? Santa Jaws.

LET THE BAKING WARS BEGIN.....

Gingerbread Creation Contest!!!

- PLEASE SEND ME IN A PHOTO OF YOUR LOVELY AND UNIQUE CREATIONS!!
- YOUR ENTRIES MAY BE SHARED IN A LATER NEWSLETTER
- DEADLINE: DECEMBER 19TH AND WINNER ANNOUNCED DECEMBER 20TH
- 3 GREAT PRIZES TO BE WON!!!!

PRIZES will be given FOR:

- **MOST CREATIVE**
- **MOST BEAUTIFUL**
- **MOST TRADITIONAL**

PHOTOS SENT TO:
dwhyte@sd79.bc.ca

**DOES NOT HAVE TO BE A
HOUSE!!!!**



Hul'q'umi'num Greetings - DECEMBER

Hul'q'umi'num greeting for this week:



Huy tseep q'u sii'em nu siiye'yu

Thank you, all my respected friends,



Please follow link for an audio of how to properly pronounce this and other greetings and words – note that the link sometimes opens up as a NEW tab at the top of your screen.

[Beginner Greetings \(Level 1\) – Indigenous Education \(sd79.bc.ca\)](#)



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

Donna Whyte
HR Health & Wellness Manager

dwhyte@sd79.bc.ca