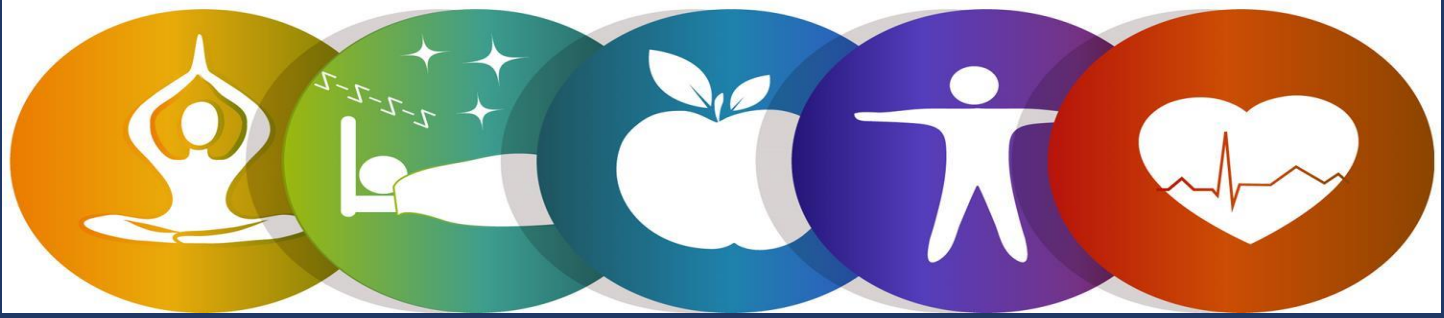


# WELLNESS



## THIS WEEK'S THEME: SPINACH

### Let's talk a little bit about SPINACH

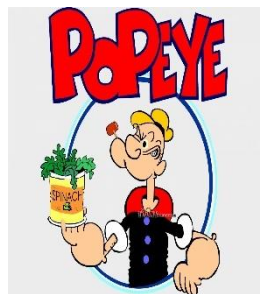
Spinach is a leafy green flowering plant native to central and Western Asia. Its leaves are edible and may be eaten cooked or raw, and the taste differs considerably; the high oxalate content may be reduced by steaming.

The spinach plant originated in Persia. It came to China in the 7th Century, Europe in the 12th Century, and the United States in the 1800s. The food item has been with

us for many centuries. The Popeye cartoon from the 1930s changed the perception of spinach in the USA, boosting consumption by an estimated 33%. Half a cup of spinach (cooked) will

give your body 10% of all the iron you need to consume each day. Iron is good for the body as it increases your energy levels, improving endurance in the long run.

Believe it or not, there is such a thing as National Spinach Day!! It falls on the 26th of March.



Spinach is also a source of Vitamins B, A, C, E, and K, not to mention calcium, and magnesium. It has been credited with the regulation of blood pressure, management of diabetes, and improvement of eyesight, to mention but a few. While eating spinach is healthy, it is even healthier to drink it. Turning the stuff into juice releases beta-carotene, which improves the efficiency with which your body absorbs the food item's nutrients.

# Spanakopita (Spinach Pie)

## Ingredients

- 2 10-oz. packages frozen chopped spinach, thawed
- 10 tbsp. unsalted butter
- 1 yellow onion, chopped
- 4 scallions, chopped
- 4 garlic cloves, chopped
- 2 large eggs, beaten
- 6 oz. container crumbled feta
- 1 c. cottage cheese
- 1/4 c. chopped parsley
- 2 tbsp. chopped dill
- 1 1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 16 9-by-13-inch sheets frozen phyllo dough, thawed



Place the spinach in a large dish towel or double layer of paper towels and squeeze to remove as much excess moisture as possible. Set aside.

Melt 1 tablespoon of butter in a large skillet over medium heat. Add the onion, scallions, and garlic. Cook, stirring occasionally, until the onions are softened, 8 to 10 minutes. Transfer the mixture to a large bowl and let cool for 10 minutes.

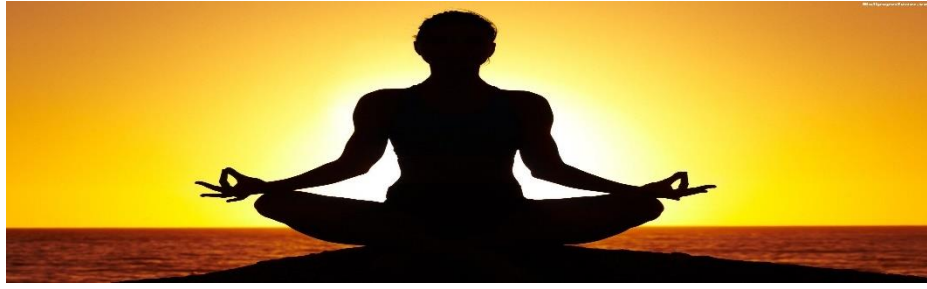
Add the eggs, feta, cottage cheese, parsley, dill, salt, pepper and drained spinach to the onion mixture. Stir until well combined.

Preheat the oven to 375°. Melt the remaining 9 tablespoons butter in a small microwavable bowl in 15 second intervals in the microwave. Brush a 9-by-13-inch baking dish generously with butter.

Place two sheets of phyllo dough in the bottom of the dish, layered on top of each other. Brush the top with butter. Repeat the process 3 more times, for a total of 8 phyllo sheets, brushing with butter every other layer. Spread the spinach mixture evenly over the crust.

Top with 2 phyllo sheets and brush the top with butter. Repeat with the remaining 6 phyllo sheets, brushing with butter every other layer. Drizzle any remaining butter evenly over top of the spanakopita.

Score the top crust of phyllo sheets into 15 pieces using a paring knife. (This will make cutting after baking easier.) Bake the spanakopita until golden brown and flaky, 45 to 55 minutes. Serve hot.



## YOGA SCHEDULE

Location	Days	Time	Provider
<b>Quamichan School Dance Room</b>	Mondays	3:45 – 4:30 pm	Gillian Berry
<b>Frances Kelsey Secondary Dance Room</b>	Tuesdays	3:30 – 4:30 pm	Kendra Crighton
<b>Chemainus Secondary Dance Room</b>	Thursdays	3:45 – 4:45 pm	Alison Donnelly
<b>Cowichan Secondary Dance Studio</b>	Thursdays	3:45 – 4:45 pm	Kim MacLean
<b>Lake Cowichan School Library</b>	Thursdays	3:30 – 4:30 pm	Julie Madden

**CANCELLED YOGA SESSIONS: NO YOGA AT LAKE COWICHAN ON MARCH 7TH**

## Looking to join a gym??

### Take advantage of these great rates available for SD79 employees

#### **Fit-Co**

Bay 2- 5880 York Rd.  
Duncan, BC  
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee intro. rate for 3 months only \$149.99 (new members only)**

#### **Valley Health & Fitness**

#1 – 1400 Cowichan Bay Road  
Cobble Hill, BC  
250-743-0511 or email [info@valleyhealthandfitness.ca](mailto:info@valleyhealthandfitness.ca)

- **Corporate rate of \$39.95 per month + GST (with a 1-year membership)** or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

#### **CrossFit Anchored Athletics**

Unit #8 L-6961 Trans-Canada Hwy  
Duncan, BC  
778-997-3562

- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:
  - 8x one on one Personal Training sessions
  - 3 months of unlimited Group Classes
  - 3 months of Gym Access using a Keyfob between 6am and 10pm
  - 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months



## **PINK SHIRT DAY 2024 – FEBRUARY 28TH**

### **HISTORY OF PINK SHIRT DAY CANADA**

The first Pink Shirt Day was established by Travis Price and David Shepherd of Berwick, Nova Scotia. In 2007, they bought and shared 50 pink shirts after Chuck McNeill — a male ninth-grader got bullied for wearing a pink shirt on the first day of school. The former Premier of Nova Scotia, Rodney MacDonald, then declared the second Thursday of September ‘Stand Up Against Bullying Day’ in commemoration of these events. The Premier of British Columbia in 2008, Gordon Campbell, announced February 27 to be the regional anti-bullying day, and that set the last Wednesday of every February as the national anti-bullying day in Canada.



**Let's get ready for Spring with a little Springtime TRIVIA!!!**

**try not to Google!! Send me your answers and you will be entered to WIN ~ ALL ENTRIES COUNT!!!**



**DST sets clocks forward by an hour in Springtime. What does DST stand for?**

**What is the first day of spring called?**

**What is the term *equinox* Latin for?**

**What happens on a vernal equinox?**

**What are the spring zodiac signs?**

**As tradition goes, what happens if Punxsutawney Phil does not see his shadow on groundhog Day?**

**Which animal is the mascot of spring?**

**April showers bring what?**

**Name two flowers that bloom in spring that start with the letter 'L'.**

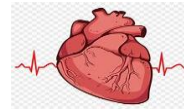
**This flower is one of the first to pop out in the spring and the first that people get rid of. What is it?**

# LifeSpeak Inc.



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taking control of your.....



- **Click on the link below to learn more!**

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## February 2024 • Taking Control of Your Heart Health through Good Nutrition, with Dr. Alison Atrey



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3 great recipes



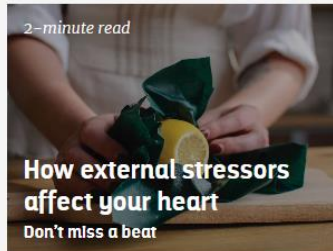
2-minute read



2-minute read



2-minute read



2-minute read



Click link below:

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

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5 HEALTH FACTS + 3 RECIPES = 1 QUICK READ FOR YOUR COFFEE BREAK



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[Take 5 for your health](#)



Hul'q'umi'num Greeting for this week



# 'Uy' un syaayus

**Good job/Well done**





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

**Donna Whyte**

HR Health & Wellness Manager

**250-748-0321 EXT 624**

[dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)