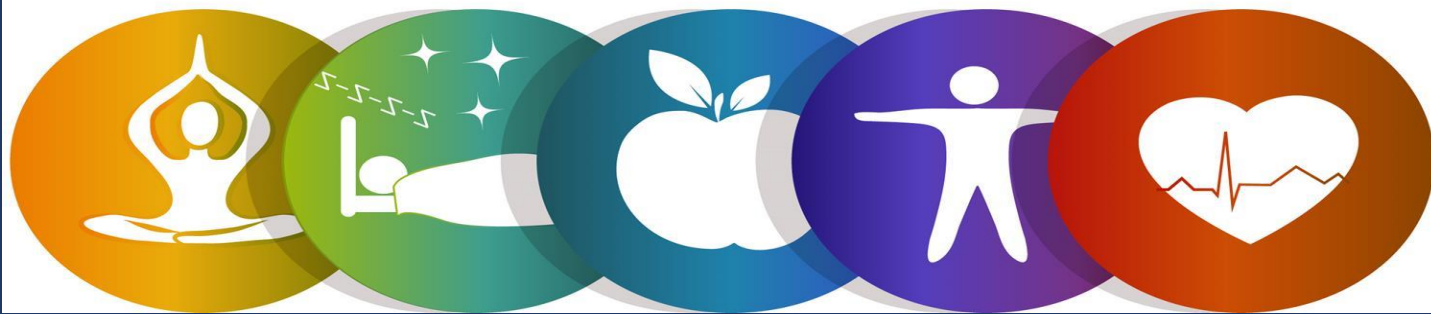


WELLNESS



Cowichan Valley School District Health & Wellness Newsletter

NOVEMBER 1ST, 2023

THIS WEEK'S THEME: **EGGS**



About a decade ago, the idea of eating more than about three eggs a week was thought to be a guaranteed ticket to high cholesterol and heart disease. Thankfully, research studies have since proven this wrong. Still, like most things in nutrition, “it depends.” A boiled egg on whole-grain toast or two eggs scrambled with a cup or more of fresh vegetables is an entirely different thing than a three-egg cheesy omelette served with sausages and buttery white bread, for example. As is six eggs a week for a healthy, active person eating a varied diet compared to someone inactive and not eating a wide variety of healthy foods. Regardless, for most people, one to two eggs a day served in a healthy, balanced way is not a problem. Eggs remain one of the best and most affordable protein sources going. About 60 calories each, a two-egg serving provides 12 grams of quality protein. They’re a great source of vitamin D and a total of 14

nutrients including iron, vitamin A, vitamin E, folic acid and both lutein and zeaxanthin, important for healthy vision. Eggs are very versatile and make for quick and easy meals—and not just for breakfast. Try a quiche or frittata for a simple weeknight dinner offering protein and vegetables.

Crustless Spinach Quiche

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (10 ounce) package frozen chopped spinach - thawed, drained, and squeezed dry
- 5 large eggs, beaten
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 3 cups shredded cheese – your choice!
- Preheat oven to 350 degrees F (175 degrees C).

Lightly grease a 9-inch pie pan. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until soft, about 3 minutes. Stir in spinach and continue to cook until excess moisture has evaporated. Whisk together eggs, salt, and pepper in a large bowl. Add cheese and spinach mixture and stir until well blended. Pour into the prepared pan. Bake in the preheated oven until eggs have set, about 30 minutes.

SOME benefits of Exercise



Exercise controls weight ~ Exercise combats health conditions/diseases ~ Exercise improves mood ~ Exercise boosts energy ~ Exercise promotes better sleep ~ Exercise can be fun — and social!

These Corporate Rates are being offered to NEW FACILITY MEMBERS who are Cowichan Valley School District Employees. Additional facilities may be added.

Fitness Facility Corporate Rates

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 into. 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

- 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



GO BY BIKE WEEKS

Go by Bike Weeks was October 16th – 29th – THANK YOU TO THOSE THAT JOINED THE TEAM – AND LOGGED RIDES!!! Click on the following link - [Cowichan Valley SD79 Riders](#) – to take a look at TEAM STATS – SHOUT OUT TO OUR TEAM:

Cathy S. 64k ~
Linda S. 74k ~
Claire S. 20k ~
Russell B. 42k ~
Karen B. 22k ~
Trisha S. 13k ~
Carla T. 89k ~

324 km
34 logged rides
9,692 calories burned
70kg greenhouse gases saved

PUMPKIN CARVING CONTEST



WINNERS!!!

Scariest Pumpkin:



AMBER GRANT

Happiest Pumpkin:



My pumpkin version of
the SD79 stress ball



CLAIRE SPENCER

Most Creative:

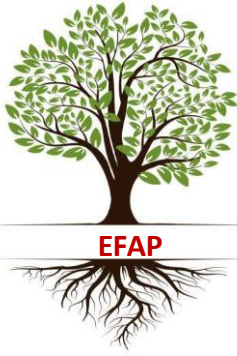


KIM GENT

ALL NAMES/PHOTOS PUBLISHED WITH PERMISSION -

Thank you so much to everyone who entered!! – It was so much fun seeing all of your amazing ideas!!!

YOUR PRIZE AWAITS YOU AT THE FRONT DESK!!! CONGRATULATIONS!!!



Vancouver Island Counselling is a non-profit society supported by local employers, unions and employee groups. They provide professional counselling to affiliated employees, retirees and eligible family members as part of a workplace benefit. They offer in-person, secure video and telephone sessions. Their counsellors have earned a well-deserved reputation for providing quality counselling and intervention services to organizations, their employees and family members. Contact Information:

Duncan Office: 250-746-6900: Nanaimo Office: 250-754-8222: Port Alberni: 250-723-7001

Toll free phone: 1-877-746-6911

www.vancouverislandcounselling.com



★ ★ ★
If you would like to speak to a counsellor about your life challenges, please call one of the numbers listed



Vancouver Island Counselling
Duncan: 250 746 6900
Nanaimo: 250 754 8222
Port Alberni: 250 723 7001
Victoria / Gulf Islands / Lower Mainland
1 877 746 6911

305 - 394 Duncan St
Duncan, BC V9L 3W4

NOVEMBER – OR IS IT MOVEMBER? – SOME GOOD INFORMATION FROM LIFESPEAK



MOVEMBER is a worldwide initiative held every November, inspiring men to grow mustaches as a symbol to spotlight critical men's health concerns, notably prostate cancer, testicular cancer, and mental health. This engaging movement, embraced by "Mo Bros," harnesses the power of facial hair to spark conversations and drive fundraising efforts for research and support programs in these vital areas.

LifeSpeak's leading experts keep you up to date on the topics that matter to you.

- [Men, Here Are 4 Ways Exercise Boosts Your Health](#)
- [Strategies for Finding Focus at Work](#)
- [How to Run Your Life on Rest, Instead of on Fumes](#)
- [When Alcohol Use Becomes the Elephant in Your Relationship](#)
- [Identifying and Changing Our Emotional Defense Mechanisms](#)
- [Why Friendships Are Good for our Mental Health](#)



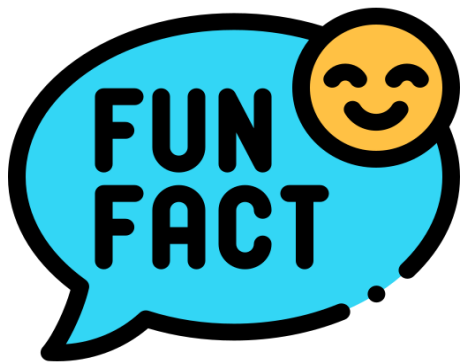
1. What is another name for trick-or-treating (we called it this when I grew up in Scotland!)? **GUISING**
2. Halloween' is a poem written by whom? **ROBERT BURNS**
3. What sort of supernatural being is Dracula? **VAMPIRE**
4. Who wrote the novel "Frankenstein"? **MARY SHELLEY**
5. Which classic movie is set in the Overlook Hotel? **THE SHINING**
6. What image is usually carved into a Jack-o'-Lantern? **A FACE**
7. What is another word for ghost starting with the letter "P"? **PHANTOM**
8. In which year was the first "Halloween" movie released? **1978**
9. Who was the first actor to star as Frankenstein? **BORIS KARLOFF**
10. Name the Doctor associated with Mr. Hyde? **DR. JEKYLL**

AND THE WINNER IS

DENISE TALKINGTON

Well done! Prize at SBO for pickup!

Wellness Wednesday FUN BODY FACT



The human body can produce **enough heat** in only half an hour to boil half a gallon of water. This is because the human body constantly burns calories to maintain its core temperature of **98.6°F**. The average person has a **metabolic rate** of about **1,500 calories** per day, which means they generate about **62.5 calories** per hour. This is equivalent to **260 BTUs** or **0.076 kilowatts** of heat energy. If this heat energy were transferred to water, it would raise its temperature by about **212°F** in 30 minutes, which is enough to boil it. However, the human body does not actually boil water because it loses heat through various ways, such as sweating, breathing, and radiating.

Health tip

- One of the best ways to stay warm in cooler months is to **layer properly**. By wearing multiple layers of clothing, you can trap the heat produced by your body and prevent it from escaping to the cold environment¹. You can also adjust your layers according to your comfort level and activity level. For example, you can wear a base layer of wool or synthetic fabric that wicks away moisture, a middle layer of fleece or down that insulates heat, and an outer layer of waterproof and windproof material that protects you from the elements². Don't forget to cover your head, hands, and feet with hats, gloves, and socks, as these are the areas where you lose most of your body heat³.

Hul'q'umi'num Greetings - November

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



'li tseep 'o' sthuthi?

How are you all?



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