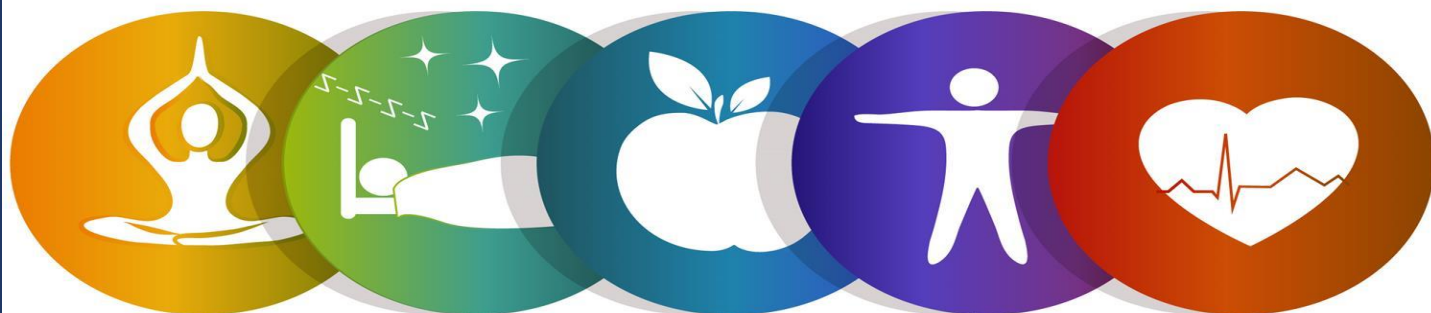


# WELLNESS



## THIS WEEK'S THEME:

## CRANBERRIES!



Cranberries are small, round, red fruits that grow on woody vines in cooler regions of North America and Europe. They are usually harvested in the fall and are often eaten as a sauce or a relish with turkey, especially during the holiday season. Cranberry sauce is a simple and delicious way to enjoy the tart and sweet flavor of cranberries, and it can be made from fresh or frozen cranberries. There are many recipes for cranberry sauce, but the basic ingredients are usually cranberries, sugar, and water. Some people like to add other ingredients, such as orange juice, orange zest, cinnamon, nutmeg, or pecans, to enhance the flavor and texture of the sauce.

**Holiday Appetizer you say.....How about these easy peasy, delicious Cranberry Brie Bites !**

### YOU WILL NEED:

- Brie Cheese
- 1 Can of Cranberry Sauce
- Crescent Rolls

### ASSEMBLE:

Put a thin piece of crescent roll wrapper in a mini cupcake baking pan to form a cup. Fill with a piece of Brie Cheese bake until gooey. Top with homemade cranberry sauce to make the perfect bite. Enjoy!



# 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



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.

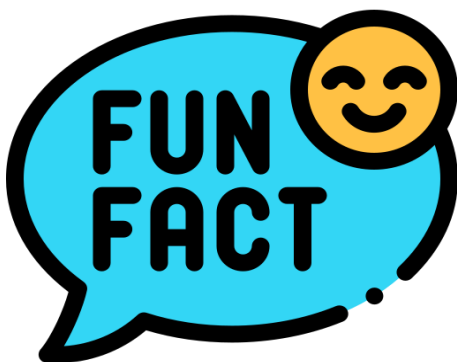
Some other inexpensive personalized gift:

- A **puzzle** of their favorite things that they can enjoy putting together.
- A **personalized notebook** for the writer who likes to reflect and express themselves.
- A **family tree Ornament** – always a special gift!
- A **set of succulent plant magnets** for adding some greenery to the fridge or office.
- A **movie gift**, such as a subscription to a streaming service, a popcorn maker, or a cozy blanket, for the one who loves to watch films.
- A **monogrammed gift**, such as a throw, an EarPods case, or a mug, for the one who likes to personalize everything.



## Wellness Wednesday FUN FACTS

### Laughing is good for your health



I’m sure you’re already aware that **laughing is not only good for your mental health**. But, it’s also good for your physical health.

When you laugh, your **body releases endorphins**, which are hormones that make you feel happy and relaxed. Laughter can also help to **burn some calories, improve your immune system** and increase your **lifespan**.

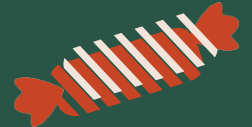


LET THE BAKING WARS BEGIN....



## ***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 19<sup>TH</sup> AND WINNER ANNOUNCED DECEMBER 20<sup>TH</sup>*
- *3 GREAT PRIZES TO BE WON!!!!*



PRIZES will be given FOR:

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

PHOTOS SENT TO:

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



# Hul'q'umi'num Greetings - DECEMBER

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



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 \(sd79.bc.ca\)](https://www.sd79.bc.ca/indigenous-education/beginner-greetings-level-1)



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

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