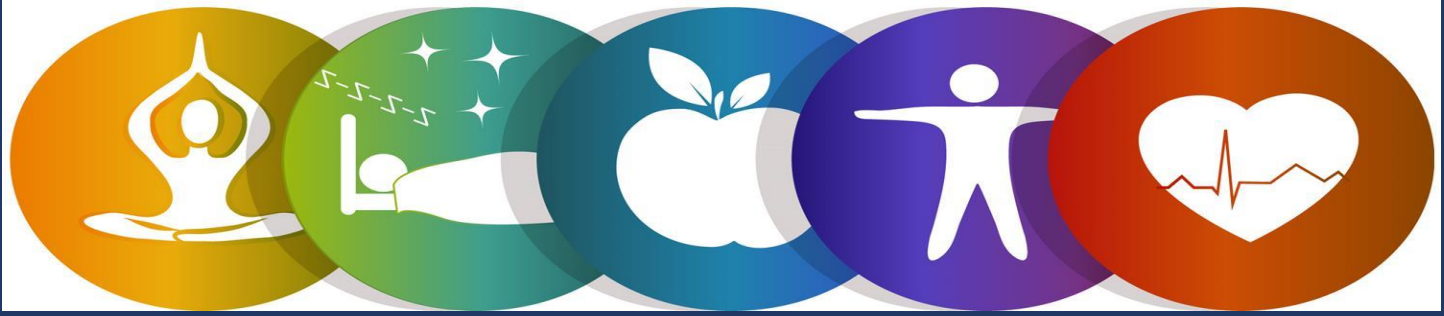


WELLNESS



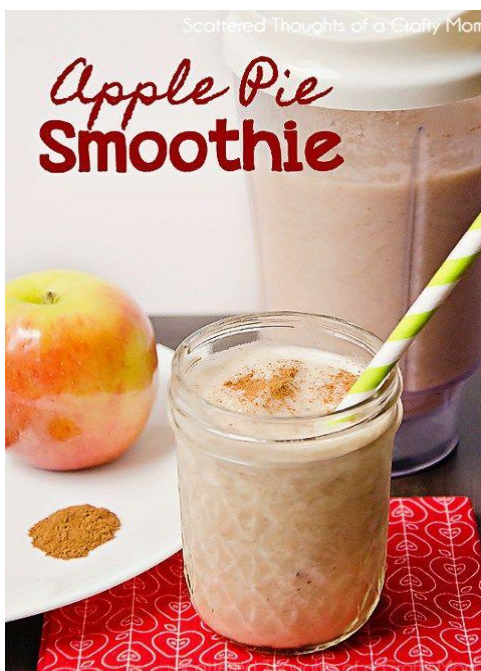
Cowichan Valley School District Health & Wellness Newsletter

THIS WEEK'S THEME: APPLES!

September 28th, 2023

Apples are some of the tastiest, most abundant fall harvests. Not only that, apples have some impressive health benefits some of which include:

- Nutritious
- May support weight loss
- May be good for your heart
- Linked to a lower chance of diabetes
- May promote gut health
- May help with the digestive system
- May improve mental health



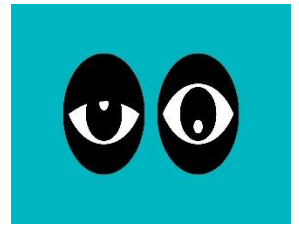
- 1 medium sweet apple
- 1 cup unsweetened soy beverage or milk or oat milk as desired
- 1/3 cup ice cubes
- 1/4 cup large flake oats
- 2 pitted dates
- Pinch cinnamon
- 1 tsp lemon juice
- tsp walnuts (optional)

- Process all ingredients in a blender until smooth. Enjoy!
Top with crushed walnuts (optional).

If you have a favourite fruit or veggie you would like focused in an upcoming Newsletter, let me know!!! (share a recipe too!)

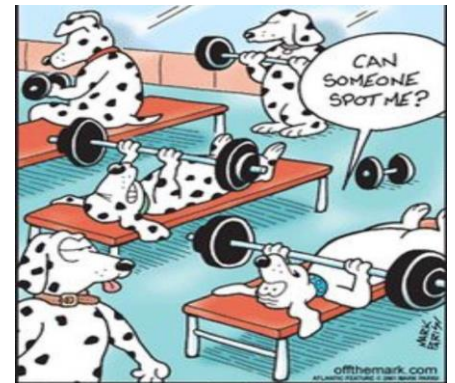


Hey, have you ever had an annoying twitch in your eye that just won't go away? (Myokymia is the technical term!) I bring this up, because I overheard a co-worker talking about it and I was like "hey, that happens to me sometimes, what the heck is it" - Well, turns out mild occurrences are very common as a result of stress, fatigue, caffeine, a change of diet or new medication. Eyelid twitches can be eased by relaxing or gently massaging the area. Other ways to easy to ease the twitching are a cold compress, eat a banana, or drink tonic water. This is just for information only and if twitching continues, please seek medical advice!



I have been successful in contacting a few fitness facilities to inquire about their corporate rates. I am currently in the process of compiling that list and should have that ready for you shortly.

In the meantime, do you have a fresh idea for a Wellness Activity that you would like to see? Please feel free to email me at dwhyte@sd79.bc.ca



Join us or make your own team!! – DON'T FORGET.....Go by Bike Weeks is October 16th – 29th - Experience the joy of cycling and have a chance to win great prizes. **Any ride counts** - getting groceries, riding to and from work, trail rides, or other recreational rides. Getting around on smaller wheels like rollerblades and scooters count too! Log all rides to enter the prize draw, track your progress, and see how many greenhouse gas emissions you offset by choosing to go by bike. Create a team for more chances to win team prizes. Visit the GoByBikeBC website for more information. If you are interested, click on the following link - [Cowichan Valley SD79 Riders](#) – I have created a team called Cowichan Valley SD79 Riders – look at the top by **TEAM STATS** and click on **RIDERS** and add yourself!

OCTOBER ISSUE - the "Wellness Matters" quarterly newsletter, has been discontinued and replaced with the new alive@work. Please click [link](#) here. New editions will be available to you monthly.





TRIVIA TIME IS HERE!!

SUBMIT YOUR ANSWERS FOR A CHANCE TO.....

WIN A PRIZE!

Email answers to: dwhyte@sd79.bc.ca

RANDOM DRAW – WEDNESDAY, OCTOBER 11th – ONE entry per person - Winner’s name to be announced in the Oct 11th Newsletter!!!

1. What is the name of the body’s largest, strongest, and longest bone?
2. Approximately, how many taste buds does a normal healthy human have?
3. What is the medical term for dizziness, which also served as the title for one of Alfred Hitchcock’s movies?
4. What does the Latin word “phobia” mean?
5. Would a blood pressure of 160/90 be classified as high blood pressure?
6. Cells of the nervous system connect and interlink to form what tissue?
7. What is the name of the smallest bone in the body?
8. Where can the smallest bone in the body be found?
9. What type of blood cells are responsible for fighting infections and diseases?
10. Which body system is concerned with the production and regulation of hormones?



To encourage not using GOOGLE – YES! partial entries WILL BE ACCEPTED!!



REMINDER – YOGA IS BACK!! The September to December schedule was sent out earlier, but I will share it again for you. These classes are free for school district staff and are on a drop-in basis.

Bring a Mat, Blanket and wear comfortable, stretchy clothes.

No experience necessary – all levels are welcome!

Location	Days	Dates	Time	Provider
Quamichan School Dance Room	Mondays	September 18 th – December 18 th	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary – Dance Room	Tuesdays	September 12 th – December 19 th	3:45 – 4:45 pm	Kendra Crighton
Chemainus Secondary Dance Room	Thursdays	September 14 th – December 21 st	3:30 – 4:30 pm	Brittany Leonard
Cowichan Secondary Dance Studio	Thursdays	September 14 th – December 21 st	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	September 14 th – December 21 st	3:30 – 4:30 pm	Julie Madden



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