

# MSAD 13's Wellness Corner

May 2025

Screen Time

"Your school's wellness policy says:

"The schools should encourage parents to support their children's participating in physical activities, including available before-and after-school programs."

Virtual Nutrition Class  
in the month of February!

Thursday, May 22 @ 4:00 - 5:00 p.m.

Tuesday, May 27 @ 4:00- 5:00 p.m.



<https://tinyurl.com/Virtual-Class-Enrollment-Form>

There are more than 20 Schools in Somerset County that participate in 100 Mile Club! Ask your Child how it's done in their school and see how many miles they have collected so far. There are also opportunities for youth to collect miles during school breaks and over the weekend! See how you can help your child step their way into some cool prizes.

**EARN PRIZES ON YOUR PATH TO 100 MILES!**



**100 MILE CLUB**

**ASK YOUR TEACHER HOW TO JOIN**

ACTIVITY CONVERSION: EVERY 15 MIN = 1 MILE

**GYM CLASS, RECESS, & ANY OTHER TIME YOU'RE BEING ACTIVE**



The month of April  
produce is a pod: Peas



Split Pea Soup



## Ingredients:

- 1 cup sliced or grated carrots
- 1 cup chopped onion
- 1 cup chopped celery
- 1 teaspoon vegetable oil
- 2 cups dry split peas (yellow or green)
- 7 cups low-sodium broth (any type)



## Directions:

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large saucepan, sauté carrot, onion and celery in oil until just beginning to brown.
4. Add split peas and broth. Bring to a boil. Cover pan and reduce heat to low.
5. Simmer until peas are as soft as you like, 45 to 60 minutes or longer.
6. Refrigerate or freeze leftovers within 2 hours.

## Notes:

1. Broth can be homemade, canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
2. Try adding ham. Use a ham bone or ham hock with the broth or water. Add 1 cup of chopped ham and a dash of ground cloves to the soup.
3. If you like curry flavors, try adding 1 Tablespoon curry powder and  $\frac{1}{2}$  teaspoon each garlic powder, cumin and turmeric. Taste and adjust seasonings as you like.
4. This recipe can be made in a 5-quart or larger slow cooker for extra convenience. Put all ingredients except the oil into the cooker, cover and cook on LOW for 6 to 8 hours or HIGH for 4 to 5 hours.







# SECONDHAND SMOKE

Children exposed to secondhand smoke and vape aerosol are at higher risk of health issues. A smoke-free home helps protect your loved ones.

To learn more, visit:  
[MaineQuitLink.com](http://MaineQuitLink.com)

or SCAN



MAY 2025



FOR NOT SMOKING  
near me



As a parent, it's good to know how to **TALK** with your kid about cannabis.



## cannabis CONVERSATIONS

As a parent, it's good to know the health risks of youth using cannabis.

Get tips for talking with them about it at:  
[GoodToKnowMaine.com](http://GoodToKnowMaine.com)  
or  
[YouthNow.me/Parents](http://YouthNow.me/Parents)

Featuring updates from Tobacco and Substance Use Prevention grants  
Prevention efforts supported by the Maine CDC

FLIP!