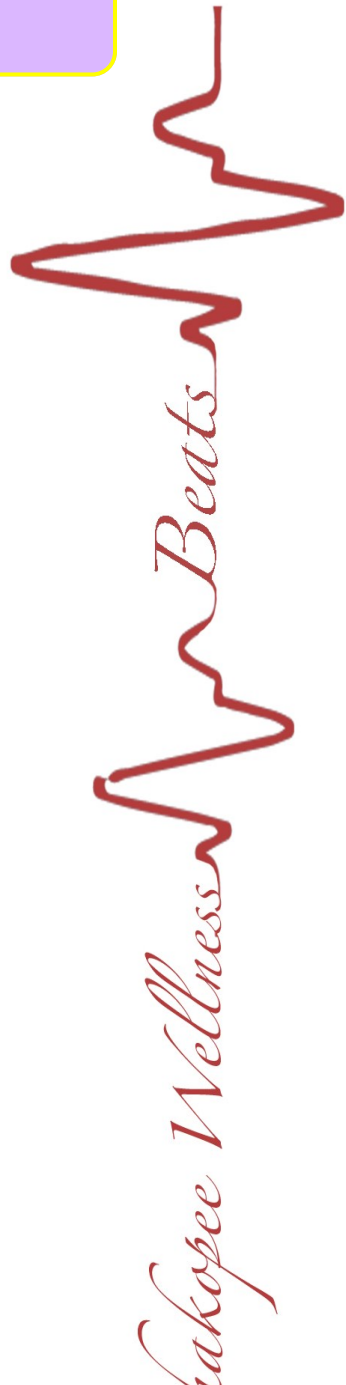


April-May



April Wellness BINGO!

Each building will be participating in Wellness BINGO throughout the month of April. Watch your email for Wellness BINGO details.

National Employee Health and Fitness Day May 18th

National Employee Health and Fitness Day (NEHFD), is a national observance celebrated the third Wednesday in May. It was created to promote the benefits of physical activity for employees through their worksite. We invite you to join the celebration as Shakopee Public Schools recognizes this day to inspire and sustain healthy lifestyles for both students and staff! We encourage you to step up your Wellness Wednesday activities with your students on this day.

Each building will also have a veggie & fruit tray in the staff lounge to celebrate!

Register for the Celebration of Children Run June 4

The Wellness Committee will cover your race registration. See page 3 for race details and registration.



Vision Statement –To promote an educational setting that supports healthy lifestyle choices by valuing Individual health and creating a supportive community.

Lets Get Appy!

App Name: Couch to 5K

Best for: Beginning runners

This app from Active.com will make finishing 3.1 miles a breeze after you complete the nine-week training plan, running just three days a week. You'll pick from one of five different "virtual coaches" to guide you through each workout, plus the app tracks your distance, pace, and routes, and it even shares your progress on Facebook (if you so desire).

App Name: Proof

Best for: Runners who like a little friendly competition

Hold yourself accountable for every mile with Proof, which lets users "compete" with Facebook friends or contacts in your smartphone to achieve fitness goals—or anything, really. Anyone can post a status that they just finished an 18-miler, but this app requires "proof" of completion—i.e. a photo or video. To keep things interesting, the app has a real-time leader board where users make bets

Wellness BINGO

Watch your email for details!

| | | | | |
|--|----------------------------|---|---------------------------------------|---|
| Take a walk outside | De-clutter your work space | Make a co-worker laugh today | Have a walking meeting | Encourage someone to be active today |
| Give a staff member a small gift of appreciation | Eat a healthy snack | Eat a fruit or veggie at lunch | Power walk for an entire work day | Take the stairs |
| Pick up a piece of litter or something that doesn't belong | Compliment 5 people today | Walk during your lunch | Open and hold the door or someone | Stretch |
| Say hello to someone you don't know well | Sit quietly for 10 minutes | Give someone a hug today | Bring a healthy snack for co-workers | Say hello to the custodial staff |
| Recognize an accomplishment today | Do a new exercise | Bring coffee or another treat for someone | Smile and say hello to 5 people today | Drink 32 oz of water during your work day |



**The Shakopee Wellness Committee is co-sponsoring
The Celebration of Children Run on June 4, 2016.**

The Wellness committee will PAY FOR YOUR REGISTRATION!!!!

Fill out the registration form below and inner office or email it to Jennifer Fernholz.

Full Name _____

Address _____ **Apt #** _____

City _____ **State** _____ **Zip** _____

Email _____

Gender _____ **F** _____ **M** _____ **Age on 6/4/16** _____

Race 10K _____ 5K _____ 1 Mile _____

T-Shirt—Adult Sizes

Mens S _____ M _____ L _____ XL _____ XXL _____

Womens S _____ M _____ L _____ XL _____ XXL _____

Race waiver: Knowing that entering in a road race is a potentially dangerous activity, I enter and run in this certifying that I am medically able and trained. I also assume any and all other risks associated with running this event, including the effects of cold, heat or rain. I hereby for myself, my heirs, executor, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Celebration of Children 5K directors, Sun Path Elementary, the Shakopee School District, the City of Shakopee and all other parties associated with this

BENEFITS

Open Enrollment

Open Enrollment for the 2016-17 school year
Monday May 2-Friday, May 13

All insurance eligible employees are required to complete the open enrollment process.

We are switching to a new on-line enrollment system this year. You will be receiving an email with log in information and instruction on how to complete the process. **Information regarding all plan options will be on the website.** Once you have completed the on-line enrollment you will receive an email confirmation of your elections for your records.



No-Bake Quinoa Protein Bars

"These are protein and whole grain packed, with just enough sweetness. Bars can be stored in the freezer for a quick grab-n-go breakfast!

Ingredients:

3 cups cooked quinoa, cooled
1 1/2 cups pitted dates
1/2 cup honey
1/2 cup unsweetened applesauce, or as needed
1/2 cup shredded coconut
1/2 cup sunflower seeds
1 tablespoon vanilla extract
4 cups ground oats, or as needed, divided
1/2 cup ground flax seed

Line a 9x13-inch baking pan with parchment paper.

Blend quinoa, dates, honey, applesauce, coconut, sunflower seeds, coconut oil, and vanilla together in a food processor until smooth. Add enough of the oats to fill the processor bowl and blend until combined.

Stir the quinoa mixture with the remaining oats, flax seed, protein powder, sesame seeds, chia seeds, and salt in a large bowl until mixture is able to hold it's