

# BEE WELL

Thomas County Wellness Newsletter

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*"I've learned that you can tell a lot about a person by the way she or he handles three things; A rainy day, lost luggage, and tangled Christmas tree lights."*

—Maya Angelou

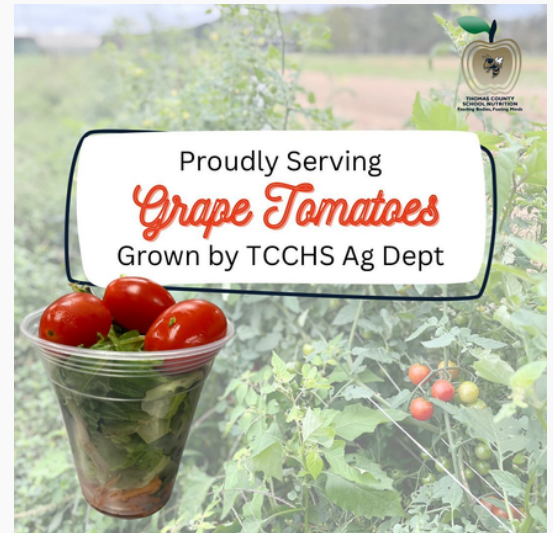
# SCHOOL NUTRITION

## *Locally Grown Grape Tomatoes*

If you've noticed that the side salads taste just a little sweeter recently, it is thanks to the freshly grown and picked grape tomatoes that have been harvested by our TCCHS Ag Dept.

Our middle school and high school will be serving these in our salads as long as the harvest provides, so stop by and taste them for yourself.

A special thanks to David Young and our Thomas County Young Farmers for planting more of these this year specifically for School Nutrition!



## *Wannabe Wendy's*

As the temperature drops outside, there's nothing quite like a hot cup of soup to warm you from the inside out!

This Friday we are taking inspiration from a cold-weather staple at one of our favorite chain restaurants, and serving a "Wannabe Wendy's" Baked Potato Bar at TCCHS. With options to top your potato with chili, cheese, and all the fixings, cornbread, and a side of broccoli & cheese soup, this feel-good meal will have you comfy and cozy in no time!



## *Cross Creek wins Tray of the Week*

Congratulation to Cross Creek on their recent GaDOE Tray of the Week win!

Their delicious tray of spaghetti with homemade meat sauce, scratch French bread, side salad, seasoned green beans, and a Thomas County grown satsuma took home top honors for the week of Nov. 7th.

Each week the GaDOE School Nutrition department selects five trays to vie for the top prize and the winner is determined by the most votes received on the state's Facebook page. This was the first nomination and win by first-year manager Shameka McCray and she credits the win to the amazing team she has. With a mix of young and old on staff (our resident bread maker, Ms. Christine, is on year 34), our Cross Creek team works well together, learns from each other, and consistently serves wonderful food!



Thank you to everyone who voted - we are so proud of our staff!

## HARVEST OF THE MONTH

The Harvest of the Month for December is lettuce, a staple in school nutrition!

Grown in Georgia during the cooler, winter months, lettuce is a great addition to any plate as it is mostly water, meaning it can be filling without many extra calories and is full of Vitamins A & K, which are good for eye and bone health respectively.

School nutrition uses a variety of lettuces on our menus, but to meet our dark green vegetable requirements, many salads do include romaine - a darker lettuce option. To learn more about lettuce, check out these facts and to preview class activities, click here.

To incorporate lettuce into your meals at home, try this delicious, winter Pear Salad with Balsamic and Walnuts. And for a healthy and fun way to eat your greens, try these Turkey Lettuce Wraps. With an Asian flare, these lettuce wraps are a healthier take on your favorite P.F. Chang appetizer!



## CAFETERIA CONVERSATIONS

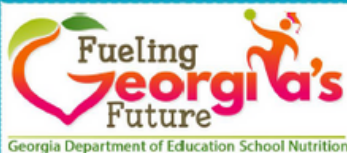
### *Soup & Cinnamon Roll Returns in December*

One of the most anticipated meals of the year returns to the menu this month - Soup & Cinnamon Roll Day!

Ask any Thomas County alum, and they will speak fondly of the cold winter days that were met with a steamy bowl of soup and a warm cinnamon roll made from scratch that morning!

Our staff does an amazing job of creating this time-honored meal by arriving at school well before most other's alarms have even rung, making dough from scratch, and baking enough for every child (and adult) who eats lunch that day. The kitchen smells absolutely amazing as we bake 800, 1200, even 1800 cinnamon rolls at our largest school!

I hope you will join us for soup & cinnamon roll day and please let our staff know you appreciate their efforts in providing quality, home-cooked meals!



**What  
is your  
favorite  
school  
meal?**

# MONTHLY OBSERVANCES

## World AIDS Day

Every year, on December 1, the National AIDS Trust recognizes World AIDS Day to raise awareness, show support for people living with HIV/AIDS, and unite in the fight against the virus. This year's theme is "Putting Ourselves to the Test: Achieving Equity to End HIV". It encourages people to unite globally to eliminate the disparities and inequities that create barriers to HIV testing, prevention, and access to HIV care. First observed in 1988, World AIDS Day is a day to unite to help end HIV and remember those lost to AIDS-related illnesses.



## National Influenza Vaccination Week (12/5 to 12/9)

This year, The Centers for Disease Control and Prevention (CDC) recognizes National Influenza Vaccination week from December 5-9 to highlight the importance of flu vaccinations.

Flu vaccine is the best way to protect your child and family from potentially serious complications from flu. A new CDC study finds that among children ages 6 months through 17 years, flu vaccination reduced risk of being hospitalized for flu by 41% and risk of having a flu-related emergency department visit by half during the 2018-19 flu season.

And while most people who get sick with flu will have mild illness, flu can make chronic health problems worse. Flu vaccine is the best protection from flu and its potentially serious complications.



# WELLNESS CHALLENGE

## Drift Off Sleep Challenge

Thank you to everyone who is participating in our current Drift Off Sleep Challenge. For four weeks, participants have been focusing on their sleep hygiene and using sleep technique tips to increase their quality of shut-eye.

They have worked on following a sleep schedule, creating the right environment, checking their eating & fitness habits, and this week they are getting their minds right for sleep!

This is the last week of the challenge so make sure you are marking your tracking calendar and then submit your finished one [here](#).

