Thanksgiving Turkey Trot

Close to 50 of our staff members and their families and friends participated in this year’s – City of Brighton - Turkey Trot 5K Walk / Run.

Congratulations to the following individuals for getting out there and making the most of your privilege (the ability to move your body at will) and Thank you for supporting our community seniors citizens.


Northeast Roadrunners (Maria Franco far left – 1st place in her division)
Employee Wellbeing News

Definitely a family event - (Evan’s Family)

Running with blazing speed - Kristen Puzio (1st in division) and Jeanne Thompson (2nd)
## Onsite Classes

**ALL CLASSES OFFERED BY 27J EMPLOYEE WELLNESS ARE FREE!!!**

### December 2016

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<th>MONDAY</th>
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DECEMBER

It’s the most wonderful time of the year…and possibly the busiest too. Midyear testing, holiday programs, family events, and much more can zap your energy and your willpower. The next thing you know, you’re stress-eating sweets in the teachers’ lounge. Yikes!

Is there a way to have a happy, heart-healthy holiday season? You bet, and it’s easier than it sounds. Read on!

Make One Change for the Better
During the holidays, it’s more important than ever to take time for yourself. Carve out 20 minutes each day to do something you enjoy. Whether it’s working out, taking a long bath, or reading, this break will help you minimize stress and increase positive feelings.

Did You Know?
Start your “hearty” holiday celebrations with tips like this:

- Before you head out to a holiday party, eat a healthy snack so you don’t fill up on calorie-filled goodies.
- Planning to enjoy a cocktail? Avoid the sugary ones and opt for red wine or one with a club soda base.
- Control stress by planning ahead. Review your to-do lists and obligations a few days in advance. You’ll know if you’re overcommitted and need to scratch something off your list.

Learn more at heart.org/healthyliving.

Tuscan Bean Soup

Serve: 6 

100 Calories 

207 mg Sodium

Ingredients

- 1 tsp. olive oil
- 1/2 small red onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 2 cups fat-free, low-sodium chicken broth
- 15.5 oz. canned, no-salt-added white beans, rinsed and drained
- 14.5 oz. canned, no-salt-added diced tomatoes, undrained
- 1 tsp. dried oregano, crumbled
- 1/2 tsp. dried thyme, crumbled
- 1/4 tsp. crushed red pepper flakes
- 2 cups spinach
- 1/3 cup grated parmesan cheese

Directions

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 6 minutes, or until the onion and celery are soft.
2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium-high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
3. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted.
4. Just before serving, sprinkle with the parmesan cheese.

heart.org/districtheartchallenge
SMART™
Mindfulness in Education

Stress Management and Relaxation Techniques in Education™ (SMART) is a 20-hour evidence-based personal renewal program designed especially for adults working in ECE-12 education.

SMART supports participants in:
- Re-connecting to personal and professional meaning and purpose
- Finding balance and cultivating emotional intelligence
- Improving mental and physical health

Research results show that participants who complete the program experience:
- Reduced occupational stress and burnout
- Reduced feelings of anxiety and depression
- More focused attention
- Increased working memory capacity
- Higher levels of self-compassion

The program involves experiential activities in mindfulness including: meditation, emotional awareness and movement. Weekly meetings also include presentations and group discussions.

Key topics in the course include:
- Concentration, attention and mindfulness
- Understanding and regulation of emotions
- Empathy, compassion and forgiveness

SMART alumni report that the impact of the program goes far beyond improved personal well-being. The benefits of this transformational experience also extend to relationships with family, friends, colleagues and students.

“I have changed while taking this class....This has made me a more relaxed and happier person.”

SMART is a 20-hour program. All participants will receive a certificate of completion. Staff Wellness will pay for the cost and completion of the program. For those participants who do not receive a certificate of completion – a one time $50.00 payroll deduction will be applied for the April 2017 payroll period. One graduate credit, which can be used towards educational step increases, is available through Colorado State University at an additional cost of $59.00.

To register, please visit: PassageWorks.org/Courses/Smart-in-Education/
Course Fees - Free

Schedule
Jan. 31 - Mar. 21
8 Tuesdays, 4:30pm-6:30pm
(Plus Saturday Retreat on Mar. 4)

Location
Brighton Heritage Academy
830 E Bridge St.
Brighton, CO 80601

PassageWorks 3050 Broadway, #203 • Boulder, CO 80304 • (303) 247-0156 • PassageWorks.org

Message from Rob Cordova with RightFitt Nutrition

Hello Teachers and Staff!

I'm excited to announce that we are extending our hours at the Platte! We will now be open from 7-6, Monday through Friday!!! Visit us after school and get $1 off your first smoothie and tea!

119 W Bridge St. :) we look forward to serving you!

Self-Care & Collective Care – (SO much more than exercise, nutrition & sleep)