

# ***Jingle to Health!***

Dashing through the school  
On a one-dolphined open sleigh  
Through the halls we go  
Laughing all way.  
Eating Healthy foods  
Gives us strength to rise  
what fun is to ride and sing  
A sleighing song tonight  
Jingle bells, jingle bells,  
Jingle all the way!



## ***Wellness News for the Holidays***

*Students and Parents it is that time of the year where we begin to feast and pay little attention to exercise and eating healthy. Parents with moderation you can enjoy the holidays in a healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 150 minutes per week with moderate-intensity aerobic activity, such as a brisk walk that makes your heart beat faster. Help kids and teens be active for at least 1 hour a day.*

*Parents begin setting up the New Year's resolution with your students from raising their grades up to setting up their diets. In addition to the New Year's resolution students can reflect on the past year and make new goals for the next coming year!*

## *Recipe for the Christmas Holidays*

### **CHRISTMAS FROZEN YOGURT BARK**

*A healthy and fun Christmas snack that the kids will love making and eating.*

#### *Ingredients*

- 500 g (2 Cups) Natural Greek Yogurt**
- 3 Kiwi**
- 5 Strawberries (chopped into small pieces)**
- 1 Tbsp. Dried Cranberries**



#### *Preparation*

- 1. Thinly slice the kiwis and then, using a tree shaped cookie cutter, cut a tree from each slice. \***
- 2. Line a rimmed baking tray with baking paper.**
- 3. Pour the yogurt into the center of the tray and spread evenly. \*\***
- 4. Place the kiwi trees, strawberries and cranberries as desired onto the yogurt. (see picture to see how I arranged)**
- 5. Freeze until completely solid (approx. 4 hours.)**
- 6. Cut into sections and serve.**
- 7. Place sections into a zip lock bag and store in the freezer.**

#### **Nutrition Facts**

Christmas Frozen Yogurt Bark  
Amount Per Serving (1 of 18 squares)  
**Calories 49**Calories from Fat 14  
**% Daily Value\***  
**Fat 1.6g**2%  
**Cholesterol 3.6mg**1%  
**Sodium 10.5mg**0%  
**Carbohydrates 6.5g**2%  
Sugar 4.6g**5%**  
**Protein 2.9g**6%

\* Percent Daily Values are based on a 2000 calorie diet.