



OCTOBER

School Health Team Newsletter Elementary School



Family Engagement

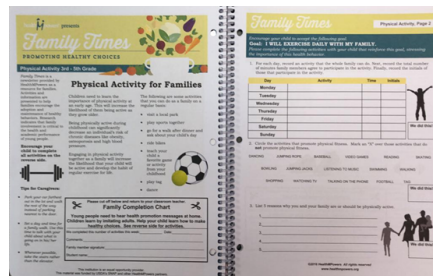
Boo! 🦇 Sorry... we didn't mean to scare you, but you only have a few more months to recruit families to sign up for HealthMPowers Weekly Wellness Text Messages! And don't fall 🍂 behind and forget to share, use and track the Family Engagement Toolkit. The toolkit resources are available on the [HealthMPowers website](#) (Password: Healthy123). October is the month of spooky celebrations, pumpkin spices and fall family fun! HealthMPowers' Catch a Family Member challenge, 10 Tips and Family Times activities assigned in the student planners are great ways to engage your school's families. Don't be afraid to let the cat out of the bag -- spread the word! 🐱



HealthMPowers Resource Highlight

FAMILY TIMES NEWSLETTERS

The Family Times newsletters share valuable physical activity and nutrition tips and general health knowledge through family activities. View the completion chart to see that families went through the activity together. Teachers can use this resource as homework or bonus points. In the Get Ready! Get Set! Go! planner, find a newsletter at the end of October, January and April. In the Choosing Healthy Habits planner, find the newsletters in the beginning pages. Remember to track this resource!



Grant Opportunity

GameTime Playground Grants

Bring play to more children and families by providing playground grant funds toward the purchase of new play systems. For a limited time, GameTime is offering up to 100% matching funds on eligible play systems. Grant funds are awarded based on need and a first-come, first-serve basis.

Visit: [GameTime Playground Grants](#)
Application Deadline: October 30th



Harvest of the Month Recipe: Apple-Stuffed Squash



INGREDIENTS:

- 1 acorn squash (about 1 pound)
- 1 Golden Delicious apple, peeled, cored, and sliced
- 2 teaspoons melted margarine
- 2 teaspoons packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Dash of ground cloves

DIRECTIONS:

1. Wash hands with warm water and soap. After washing fresh vegetables, halve and seed acorn squash. Place squash cut side up on a thick paper towel in microwave.
2. Microwave on HIGH 6 to 7 minutes, rotating squash halfway through cooking time. Remove from the microwave and place in microwave-safe dish.
3. In a small bowl, combine apples, margarine, sugar, and spices. Top squash pieces with apple mixture and cover with a paper towel.
4. Microwave on HIGH 4 to 5 minutes or until squash and apple are tender.

Makes 4 servings, 1/4 of filled squash each

Source: <https://www.azhealthzone.org/recipes/apple-filled-squash>

This institution is an equal opportunity provider.

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