



# Healthy Lifestyles

Small steps ... right direction!



**Exercise Challenge: Spring Is In The Air!** Clean up your bikes and get ready!



Be sure to wear your helmet!

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## DID YOU KNOW?

### One Small Step One Big Difference

As you may be aware the Orange Elementary Board of Education recently made a decision to omit food celebrations from the class room for our upcoming school year.

While the decision has met some resistance, we must first keep in mind what's most important, the safety of all our children. There are so many other non-food ways we can celebrate our kids. Minute to win it games, arts and crafts and exposure to culture to name a few.

All that aside, I'd like to point out a fun fact that perhaps many of you are not aware. This decision single handedly lowered each school's BMI (Body Mass Index) by 13% per school. Not just for a temporary span of time but permanently! Now that's one small step making one amazing difference.

**YOU CAN BE EVERYTHING  
YOU DREAM TO BE!!**

**SO DREAM BIG!!!**

## RECIPE CORNER: TASTY AND HEALTHY! *GIVE IT A TRY!*

### BBQ CHICKEN PIZZA

Ingredients:

- 1 (12 inch) pre-baked pizza crust
- 1 cup Annie's barbeque sauce
- 2 organic free range skinless boneless chicken breast halves, cooked and cubed
- 1/2 cup chopped fresh cilantro
- 1 cup sliced pepperoncini peppers (optional)
- 1 cup chopped red onion
- 1 cup spinach
- 2 cups low fat shredded Colby-Monterey Jack cheese

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place pizza crust on a medium baking sheet. Spread the crust with barbeque sauce. Top with chicken, cilantro, pepperoncini peppers, onion, spinach and cheese.
3. Bake in the preheated oven for 15 minutes, or until cheese is melted and bubbly.

**SAVE THE DATE!!!**

**Monday, April 30<sup>th</sup> at Peck Place School**

**2<sup>nd</sup> Annual Health Fair!!!**