



Wellness Newsletter Spring/Summer 2023

Welcome to your semiannual community wellness newsletter! We are excited to share with you!

The wellness committee is established to review, and revise when necessary, the wellness policy approved by the school board and to promote nutrition education and physical activities taking place in our schools.

Food Pantries

Bread of Life

720 E Randall St, Greensburg
812-663-1055 or 812-662-4887

Monday, Wednesday, Thursday 3:00 to 5:00 pm

Westport Christian Church

Food giveaway, no signups or requirements,
102 W Mulberry St, Westport
812-593-7300

Monday 4:00 to 5:00 pm

Sports Physicals

Students must pick up a physical packet at their respective school which includes:

Physical Evaluation Form

Consent & Release Form

Sudden Cardiac Arrest & Concussion
Acknowledgement Forms

Drug Testing Consent & Code of Conduct
Form

History Form

A physical is NOT considered complete until all required forms are completed & returned

Places offering sports physicals

DCMH Sports Physical Night-Tuesday,
June 6 from 6-8pm at Tree City Medical
Partners, \$30.00

DCMH Well Clinic-Walk in only, M-F 8:00am
to 6:00 pm, \$30.00

Accu-Doc in Batesville-Walk ins or
schedule appointment online, \$25.00

CVS Minute Clinic in Columbus-Walk in
only, \$69.00

Prompt Med in Columbus-Walk in only,
\$78.00

Spring/Summer School Activities

Golf

Baseball

Softball

Archery

Track

Musical Performance



Eat Your Colors!

Getting our kids to try new foods can be hard! Below are some great tips on how to encourage them to try new things in a positive way!



Each color provides various health benefits and no one color is superior to another, which is why a balance of all colors is most important. Getting the most phytonutrients also means eating the colorful skins, the richest sources of the phytonutrients, along with the paler flesh.

Want up-to-date menu information for school at your fingertips?
Download the Nutrislice App now!

What's Cooking?

Online Menus!

- » Log in for daily menu items
- » Plan for dietary and allergy restrictions
- » Available in 50+ languages

chartwells

nutrislice





Healthy Snacks

Kids are probably asking for snacks- all day long! Here are some healthy snacks that are fine for them to munch on throughout the day:

- Dried fruit, like apple rings, raisins, or banana chips
- Homemade trail mix
- Popcorn
- Whole wheat crackers and cheese
- Whole wheat pretzels
- Peanut, nut or seed butter
- String cheese
- Cottage cheese



Snack Tips!

Jazz-up plain popcorn with your favorite herb and spice blends like Italian seasoning, garlic powder or chili powder for a delicious, whole grain snack!

Keep It Interesting! Create your own snack mix with dried fruit, whole grain cereal, pretzels or bite size graham crackers, and sunflower or pumpkin seeds.

