



commit to be fit Weekly Newsletter

Monday, March 9th – Sunday, March 15th

Announcements

Kid's Cooking Club

Commit to Be Fit is excited to be offering Kid's Cooking Clubs. Students in grades K-7 will learn cooking skills while utilizing a new cooking cart, which was provided by the DOE Farm to School grant. To register your child, please contact Amanda Butler abutler@rappahannockschools.us or 540-227-0023. *Space is limited.*

Grades K-1: Mondays (March 16, March 23, March 30, April 6) from 3:30- 5:00 pm
Grades 2-3: Mondays (April 20, April 27, May 4, May 11) from 3:30- 5:00 pm
Grades 4-5: Wednesdays (March 18, March 25, April 1, April 8) from 3:30- 5:00 pm
Grades 6-7: Wednesdays (April 22, April 29, May 6, May 13) from 3:30- 5:00pm

COMMIT TO BE FIT
Kid's Cooking Club

WHO: K-7th grade students
WHAT: 4 week after school healthy cooking club
3:30 pm- 5:00 pm

WHEN:

GRADE K-1	GRADE 4-5
Monday 3/16	Wednesday 3/18
Monday 3/23	Wednesday 3/25
Monday 3/30	Wednesday 4/1
Monday 4/6	Wednesday 4/8
GRADE 2-3	GRADE 6-7
Monday 4/20	Wednesday 4/22
Monday 4/27	Wednesday 4/29
Monday 5/4	Wednesday 5/6
Monday 5/11	Wednesday 5/13

HOW: Thanks to the Commit to Be Fit and DOE Farm to School grants, this class is FREE to all students!

To register your child, please contact Amanda Butler at abutler@rappahannockschools.us or 540-227-0023

our new cart!

This Week's Activities

	Monday	Tuesday	Wednesday	Thursday
Morning	9 No Classes	10 7:30am- Balance ♦ (Holly)	11 7:30am- Walking Group ● (Jackie/Jen)	12 4:00pm- RIP30 (video) ♦ (Mandi)
Afternoon		4:00pm- RIP30 (live) ♦ (Holly)	4:00pm- Meditation & Relaxation ● (Rich)	4:00pm- Yoga ● (Miranda)
Evening		5:30pm- Low Impact Aerobics ♦ (Gail)	5:30pm- STEP ♦ (Gail)	5:30pm- Low Impact Aerobics ♦ (Gail)

In the event of early release or school closure, classes will not be held. In the event of a delay opening, morning classes are cancelled. Check with your physician before starting if you have any health conditions that includes dietary or physical activity restrictions.

● = Elementary School ♦ = High School

Want to learn more about our classes? Check out <https://www.rappc2bf.com/featured-classes>

All classes are FREE and open to the community!

In this Issue

Happenings & Highlights

February Wellness Warriors

Each month one student per grade level (PreK- 4th) is recognized for outstanding effort in the Brain STAR Action Based Learning (ABL) Lab. This includes trying their best, following directions at each station, respecting their classmates, being kind to others, and being a Brain STAR!

Join Team C2BF in congratulating **February's Wellness Warriors** (pictured below on pajama day): **Ryan Jones** (PreK), **Peyton Graves** (K), **Ella Morey** (1st), **Elijah Lewis** (2nd), **Kyndal Christian** (3rd), and **Travis Clark** (4th).



Brain Breaks

In addition to offering the Action Based Learning (ABL) Lab activities, Commit to Be Fit has been working with classroom teachers in grades PreK-12 to provide brain breaks as a way to reduce student seat time. Brain breaks range from 1-10 minutes and provide an opportunity for purposeful movement. Studies show that this short burst of activity is helpful in increasing engagement and focus in the classroom. Following the movement activity, students return to their seats in an attentive state ready to continue learning.

Brain breaks are customized for each grade level and incorporate many of the movement foundations that are strengthened in the ABL Lab. For more information on our brain breaks, view our large activity database at <https://www.rappc2bf.com/teacher-s-resources>



Shown above- Holly Jenkins leads a fun brain break, “I See,” for Ms. Cross’ first grade students. In this activity, the teacher instructs the students to stand directly behind the chairs. The teacher starts by saying “I See.” As a group, the class replies, “What do you see?” Then the teacher tells what he/she sees, which can include a movement, an exercise, or a skill challenge such as: “I see everyone jogging in place.” The group begins jogging and continues until the leader says, “I see...” which restarts the process with a new activity. Pictured above, Ms. Jenkins sees a classroom of hungry alligators.

Nutrition Tip of the Week



Food is the important fuel our bodies need. It's also important to keep that food **safe** and prevent foodborne illnesses.

1. Clean- Clean hands with soap and water; rinse fruits and vegetables; sanitize surfaces and cooking appliances; clean out the refrigerator of old food.
2. Separate- Separate foods when shopping, storing, and especially preparing. Use different knives and cutting boards for fruits/vegetables and raw meats.
3. Cook- Use a food thermometer to ensure foods are being safely cooked. *Raw* beef/pork/lamb roasts should reach an internal temperature of 145 degrees F. *Ground* beef/pork/lamb should reach an internal temp of 160 degrees F. Poultry should reach an internal temp of 165 degrees F.
4. Chill- Keep cold foods at or below 40 degrees F and hot foods at or above 140 degrees F. Avoid keeping food in the danger zone for more than two hours.

*Nutrition Tip & Recipe Submitted by **Amanda Butler, M.A., CHES**, Nutrition Specialist*

Fitness Tip of the Week

Need a little extra motivation? Take a moment to read a fitness article either online or in a magazine. It may inspire you to try a new routine or provide a few new workout ideas.

*Fitness Tip Submitted by **Holly Jenkins, CPT**, Wellness Integration Specialist*



Healthy Families Tip of the Week



As we spring forward this weekend, look at the time change as an opportunity to add a new, healthy habit for yourself and your family. Yes, you will lose an hour of sleep, but will have longer days to get outside and be active.

*Healthy Kids Tip Submitted by **Jackie Tederick, M.Ed., CPT**, Wellness Integration Coordinator*

Recipe of the Week

Grilled Hawaiian Barbeque Chicken in Foil

Servings 4 Prep Time 10 minutes Cook Time 15 minutes

Ingredients

- 4 boneless skinless chicken breasts
- 1 cup bbq sauce
- 1- 15- ounce can pineapple slices including juice
- 2 teaspoons soy sauce
- 1 teaspoon garlic
- 1 red bell pepper cut into cubes
- 2 medium zucchini sliced
- green onions for garnish

Directions

1. Heat grill to medium heat. Cut 4 sheets, enough to wrap the chicken and veggies, of heavy duty foil. Place chicken on center of aluminum foil and divide the veggies and add 2-3 pineapple slices into each packet.
2. In a bowl, whisk together bbq sauce, juice from the can of pineapple slices, soy sauce, and garlic. Spread about 2 Tablespoons of the sauce on the chicken and make sure to reserve about 1/4 cup.
3. Place chicken packets onto grill and grill for 13-15 minutes flipping at about 7 minutes. To serve carefully open packets, baste with reserve sauce and garnish with green onions.



Source: The Recipe Critic

About Commit to Be Fit

Commit to Be Fit is a school sponsored, grant funded program. Through the generosity of the PATH Foundation, C2BF was created to help promote healthier lifestyles for students, staff, and county residents and employees.

All group exercise classes and workshops are offered free of charge for the community.