

April 2023

## WEEKLY WINNERS

### Student Weekly Winners

Stanley Martindale  
Lily Stevens  
Aria Roberts  
Kaelen Harrington  
Allyson Miller  
Lilly LeSieur

### Staff Weekly Winners

Ms. Hoffman  
Mrs. Schoof  
Mrs. Cassidy  
Mrs. Wright  
Mrs. Koko  
Ms. Smith

**Congratulations to Mrs. Periard for earning herself a 20 minute break with her favorite drink, snack and magazine; while the class earned an extra recess for having the most students sign up for BWell!!!**



## WHEN YOUR KID SAYS THEY DIDN'T EXERCISE TODAY

***Get creative when it comes to helping your children earn movement minutes for their Step Up & BWell team at school!***

- **Olympic Bathroom Cleaning Course** – Set a timer for 15 minutes. Place or hide the following items in various locations around the house: roll of paper towel; toilet bowl brush; cleaning rags; a safe, non-bleach cleaning product or mild detergent; window/mirror cleaner. Child races from each location to bathroom and cleans it. Everybody wins!
- **So You Think You Can Vacuum** – Loud music, vacuum cleaner, dance moves, judges, videotape. Go!
- **Swiff it Good** – Creatively attach rags or Swiffer dry sheets to each foot. Turn up the jams, and move feet to the beat across hardwood or tile floors.
- **Be Aggressive...Be, Be Aggressive Bedroom Pick-Up** – Kids and parents chant this cheer while completing the following list of activities in their respective bedrooms: Hang up clean clothes, put dirty clothes in hamper, take dirty dishes and trash to kitchen, make bed. Fastest wins. Hint: let the kids win, then beg for "best out of 3" in other rooms.
- **Aerobic Car Washing** – Once weather warms up, bring out the hose and buckets of soapy water. Crank up the music again, arm each child with a sponge in each hand, and let the fun begin.



# Big thank you to Shane Holler, Birch Run 's Altheltic Director for coordination a BWell Volleyball tournament!!!

Thank you to our prize sponsor  
Jimmy John's



## Greetings Step Up & BWell Participants

As teams compete against one another we need to collect some baseline information on each team member.

**Please complete this 5 minute survey no later than March 31st so we may evaluate the success of this program.**

Click this link to start the survey:  
<https://survey.alchemer.com/s3/7193922/Step-Up-BWell>

Those who complete their surveys will be entered into a drawing for prizes.



## CHALLENGES THIS MONTH

- Limit sugary drinks
- Get 8 hours of sleep
- Go outside and get some fresh air!

## Healthy Substitute for Moms and Dads

Try this homemade coffee creamer in place of store-bought ones containing high fructose corn syrup and flavorings.

- Use 1 can of whole or reduced-fat coconut milk, 1 T of maple syrup, and 1 tsp of vanilla extract.
- Experiment with other flavors by adding a dash of cinnamon or a pinch of pumpkin pie spice.
- Place ingredients in a bottle or glass mason jar and shake well. Keep in the frig for up to 1 week or freeze in ice cube trays for long-term storage.
- It's dairy free, lower in sugar, and delish.



## RESOURCES

For StepUp & BWell assistance, reach out to your district HRA:  
**Becky Richmond & Bethany LaRose**  
[rrichmond@birchrnschools.org](mailto:rrichmond@birchrnschools.org)  
[bethanylarose@birchrnschools.org](mailto:bethanylarose@birchrnschools.org)  
989-244-5169



**BWell Saginaw**  
[BWellSaginaw.org](https://www.bwellsaginaw.org)

**Saginaw County Community Resource Guide:**  
<https://saginawpublichealth.org/media/5nphobaf/2020crg.pdf>