

April 2023

## DO YOU KNOW WHAT'S IN YOUR EASTER BASKET?

### Popular Easter Candy

- One serving of Jelly Bellies has 21g of sugar
- One serving of Peeps has 23g of sugar
- One Reese's egg has 16g of sugar

### What could you put in a fun and healthier Easter basket?

- Colorful jump ropes, sidewalk chalk, activity or coloring books, crayons, books
- Sample-sized candy instead of full-sized candy
- Dark chocolate instead of milk chocolate



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

*Get creative when it comes 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!
- **Swift 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.





## 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.

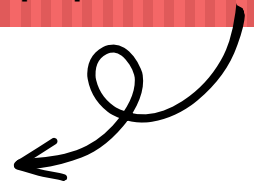
## CHALLENGES THIS MONTH

- As the weather warms up and spring makes it's way to us, try to get outside more
  - Sunshine, fresh air, and exercise are all great ways for us to BWell!!

## Bulldog Reminders

- **Whole District**
  - 4/7 No School-Good Friday
- **Elementary School**
  - 4/11 After School Enrichment Activities
  - 4/26-4/28 BOGO Book Fair
- **Middle/High School**
  - 4/4 Delta/SVSU Trip
  - 4/25 Career Day
  - 4/26 Michigan Construction Days
  - 4/27 Juniors Visiting FSU

**You can still register for Step Up & BWell!**



## 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:**

**Name:** Ashley Frank  
**Email:** franka@stccs.org  
**Phone:** 989-702-5114



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

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