

Butte School District

Employee Wellness Newsletter

March 2024

Wellness Committee Update:

The employee wellness challenge wrapped up last week! We had so many amazing wins from this challenge. All of the prizes have been distributed to the winners.

Thank you to Lindsey Kambich and the BTU for collecting donations from SCL Health (now Intermountain). Also, thank you to the Butte Education Foundation for offering grant funding to help with this challenge.

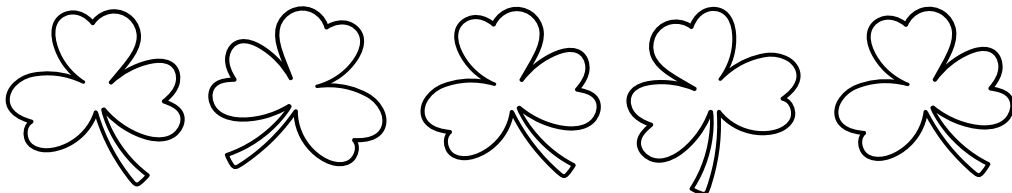
The next challenge will be in the Fall 2024!

Wellness Tip:

This month hosts one of Butte's favorite holidays, St. Patrick's Day! We know this day is full of festivities, so here are some tips to make sure you are fueling your body well while still enjoying all of the traditional Irish foods!



1. Focus on adding protein and veggies to your meals. Corned beef, cabbage and potatoes are a perfect example of the plate method of eating.
2. Eat a balanced breakfast to start your day.
3. Focus on hydration!
4. Move your body. You can attend the parade and other festivities to help you get your steps in for the day.
5. Blarney stones are a sweet treat, but they also contain peanuts which add protein and healthy fat making them a more balanced choice!



Upcoming Events and Announcements:

We would like to share the winners from the 2024 Staff Wellness Challenge!

- Shaela Evenson
- Nicole Fehr
- Wendy Wadas
- Amy Guldseth
- Nicole Fehr
- Wendy Wadas
- Jen Ritari
- Laurie Hawbaker
- Robin Cranney
- Team:
Warehouse/Transportation

Resources to Check Out:

Health of Traditional St. Patrick's Day Foods:
<https://spearehospital.com/the-health-benefits-of-the-traditional-saint-patricks-day-boiled-dinner/>

Blarney Stone Recipe:
<https://ireland-calling.com/blarney-stones-recipe/>