



# CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

April 2017

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

## Weight Watchers Works!

This month we are spotlighting San Ramon Valley USD's Weight Watchers at Work Program for the purpose of inspiring other interested districts who may like to replicate the program at their site.

Program details:

- 24 people participated in the first 12 week session.
- Members lost a total of 290+ pounds in eight weeks.
- The group meets once a week for 30 minutes with weigh-in beginning 15-30 minutes before, and members are encouraged to check in even if they can't stay.
- Members can pay one-time or split it up into three payments for either a 12 or 19-week session (depending on how many sign up).
- Meeting topics include strategies around making healthful choices about food, activities and a chance to share thoughts and stories.

One participant told us, "Since starting the program, there is often chatter throughout the hallways and lunch room with employees sharing recipes and success stories. District potlucks have taken on a new appearance. One participant brought in oranges that were grown in her own yard with a note, 'help yourself—oranges have no points'! One employee lost 15 pounds and gets complimented all the time."

If you are interested in bringing this program to your district, please email [Cindy Trojanowski](mailto:Cindy.Trojanowski).

## May is National Employee Health & Fitness Month

Here are a few fun ideas to celebrate!

- Walk or bike to work
- Try a new, [healthy recipe](#)
- Take a walk or stretch on your break
- Organize a healthy recipe potluck
- Create an exercise group at work and walk together at lunch and/or breaks
- Join the [CCCSIG Heia Heia](#) year-round, online wellness program
- Have fun!



# Enjoy Your Spring!



## Flip Flops, Sandals and Heels...Oh My!

Spring has sprung...and with that comes the chance to let your feet feel the breeze. But beware of some of the common hazards! Following are real life incidents that happened at school while wearing flip flops, sandals or heels:



- **Slipped and fell down the bleachers**
- **Opened door on foot resulting in a broken and infected toe**
- **Pencil got stuck in the top of foot**
- **Broke toe moving furniture around the classroom**
- **Toenail ripped off from somebody accidentally stepping on the foot**

Please do your part in preventing footwear-related injuries in your school by wearing closed-toe, non-slip shoes to work, especially when closing down the classroom for the year or performing other duties that require frequent movement, lifting, etc.



## Wellness Tip of the Month: *Spend Time with Friends and Family!*

Make it a habit to appreciate all you have and the important people in your life. Learn more about gratitude [here](#).

### Spring Pea, Asparagus & Mint Salad

This simple recipe blends 4 different greens for a unique salad packed with flavor and nutrition.



Asparagus and green peas contain fiber and folate, two nutrients studied for their cancer-fighting properties. Fresh and frozen produce are both healthy choices. In fact, the process for preparing frozen produce today actually retains texture, flavor and nutrition of the fresh version.

#### Ingredients

- 2 cups frozen peas
- 1 bunch (3/4 lb. asparagus, tough ends removed, sliced into pieces)
- 2 cups fresh pea shoots
- Juice and zest of one lemon
- 1/2 cup fresh mint, roughly chopped
- 1 Tbsp. extra virgin olive oil

#### Directions

- Fill a large saucepan 3/4 full of water and bring to a boil over high heat.
- Add peas to boiling water and blanch for 1 minute.
- Strain peas using a slotted spoon (save the boiling water). Add peas to a bowl of ice water, then strain again and set aside.
- Add asparagus to boiling water and cook until tender (2-3 minutes). Drain asparagus and add to ice water for 1 min; drain and set aside.
- In bowl, combine peas, asparagus, pea shoots, lemon zest, lemon juice, mint and olive oil and toss to combine. Season with salt and pepper. Garnish with a slice of lemon.

Source: [www.aicr.org](http://www.aicr.org). Reprinted with permission.

### April is Stress Management Month: Focus on Resilience

**Webster’s Dictionary Definition of Resilience: The ability to bounce or spring back into shape after being stretched, bent or compressed**

The term resilience has been applied to people who handle stress well. Resilient people are generally more flexible, able to bounce back from setbacks, are grateful for life’s simple pleasures and have a strong faith that “everything happens for a reason.”



Some people are just born resilient. Nothing bothers them. These are the people who grow up to be astronauts and lion-tamers. But resilience is a skill which can be learned by anybody. Click [here](#) to learn about seven things you can do to develop your own powers of resilience.

Source: [www.stresstop.com](http://www.stresstop.com). Reprinted with permission.

### How Healthy is Your Diet?



Experts recommend that our diets revolve around plant foods, such as vegetables, fruits, whole grains and beans. These foods tend to be low in calorie density. That means they provide fewer calories but because they’re full of fiber and water – they help keep us full for a longer time.

They also provide a wide range of nutrients, vitamins and minerals that our bodies need, as well as several phytochemicals – naturally occurring compounds in plants that have potentially health promoting effects. To find out how healthy your diet is, click [here](#).

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### Seven Reasons Why Millennials Love Gardening (And Why You Should Too!)

Stereotype: Millennials spend more time interacting with the digital world than the natural world around them. Reality: Five million of the six million people who took up gardening in 2015 were millennials, according to the 2016 National Gardening Survey. Click [here](#) for seven reasons why more millennials than ever are taking up food gardening, **and why you should, too.**



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