



CROSSROADS

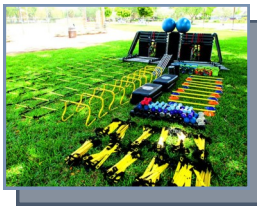
A CCCSIG Health & Safety Publication for CCC Member School Districts
January 2017

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

Employee Fitness Class a Hit in Brentwood USD!

Inspired by CCCSIG's Healthy Lifestyle Programs offered to member districts three times per year, Ali Popovich, a teacher at R. Paul Krey Elementary in Brentwood USD decided to take it a step further by creating an after school, on-site fitness class for her co-workers.

During her free time, Ali, who is also a Certified Fitness



Instructor, designed whole body workouts for the class using a variety of exercises, similar to what one might find in a boot camp class (such as planks, squats, lunges, presses, curls, tricep dips, running, burpees, crunches and more) and varying the exercises among each class in order to keep them entertaining and fresh.

Ali shared, "Besides the gift of fitness, the best part is absolutely spending time with staff members you don't usually see. Our regular attendees are all from different departments and grade levels, so it's a lot of fun to chat about our families, classrooms, music, food and whatever! I've grown very fond of our group!"

Kudos to Ali and her co-workers for finding time for fitness, making their health a priority and for making it so fun!



Get Ready for February Heart Health Month!

Making healthy choices such as a combination of exercise and eating right can reduce your risk of getting heart disease, which currently is the leading cause of death in America. Here are ideas for celebrating Heart Health Month at your school site:

- Group Break-Time Walk
- Healthy Recipe Potluck
- Blood Pressure Screenings
- Lunch n' Learn Workshop

If you are interested in learning more about how to organize any of the above ideas at your school site, please contact [Denise Schreiner](#).



2011/12 Student Poster Entry
by Alex Varban, Acalanes High/AUHSD

2016/17 Slip, Trip and Fall Prevention Student Poster Contest

Purpose: To raise awareness of employee slip, trip and fall injuries, which are the #1 cause of injury countywide each year. They can be painful and costly, and are preventable!

Eligible Students: Any 4th/5th grade, middle school, high school or college student from one of our 19 member school districts.

How it Works: Students are to design an original, 11 x 17 vertical poster following the established guidelines found in the program informational handout using markers or a computer.

Contest Deadline: March 3, 2017

Prizes: 1st/2nd place winning posters from each of the following categories will be selected: 4th and 5th grade, Middle School, High School and College. 1st place winners will receive \$100 and winners' art or primary teachers will receive a \$100 gift card to a local art supply store; 2nd place winners will receive a \$50 gift card.

CCCSIG will provide districts with copies of 1st place posters to post at each school site in staff lounges, front offices, etc. in April. For full contest rules, details and registration form, click [here](#). If you have questions, please contact Denise Schreiner at 1-866-922-2744 ext. 270 or email dschreiner@cccsig.org.





Wellness Tip of the Month: *Reduce Your Screen Time!*

Much of our time is spent behind the screens of our computers, phones and tablets, or in front of the television. Spend time doing healthier, more interactive, and physical activities.

Roasted Butternut Squash with Sautéed Shiitake Mushrooms and Fresh Sage



Butternut squash is in season and this sauté is one way it can be enjoyed. Roasted and then sautéed with shiitake mushrooms, this combination is

flavorful and full of cancer-fighting carotenoids. Fresh sage brings out the sweetness in the squash.

Ingredients

- 3 cups cubed butternut squash, 1/2-inch (1 lb.)
- 2 Tbsp. extra virgin olive oil, divided
- 4 oz. package fresh shiitake mushrooms, sliced
- 2 cloves garlic, minced
- Salt
- 4 fresh sage leaves, coarsely chopped
- Freshly ground black pepper
- 1 Tbsp. freshly grated Parmesan

Directions

- Preheat oven to 350 degrees F.
- In medium size bowl, toss squash with 1 Tbsp. olive oil.
- Arrange squash on baking pan. Roast until fork tender (about 25-30 minutes). Set aside.
- In large skillet, heat remaining oil over medium-high heat. Add mushrooms, garlic and pinch of salt and sauté 4 minutes. Add sage and continue sautéing 2 minutes. Mix in squash and sauté another minute. Season to taste with salt, pepper and garnished with cheese.

Source: www.aicr.org. Reprinted with permission.

11 Picturesque Local Trails Perfect for Winter Hiking

San Francisco may be one of the greatest places to be during the wintertime—if you hate snow and freezing temperatures, that is. In fact, the mild climate is ideal for a winter hike. Please be advised to check weather and hiking conditions before heading out.

Cataract Falls Trail: 801 Panoramic Highway, Mill Valley

This stunning 2.6 mile hike features cascades, moss, mushrooms and lichens. The rain may make it more challenging or unforgettable!

Batteries to Bluffs Trail: The Presidio: Battery Godfrey, San Francisco

Weave your way up and down the coastline while enjoying great Golden Gate Bridge shots. Also, climb the batteries, and take in breathtaking views.

Muir Woods: 1 Muir Woods Road, Mill Valley

Muir Woods National Monument contains 6 miles of trails. These trails showcase beautiful giant redwood trees. Be prepared to be wowed.

Donner Canyon Waterfall: Loop Regency Drive, Regency Gate, Clayton (pictured)

This waterfall loop at Mount Diablo State Park is relatively easy with scenic views, perfect for hiking, running or biking.

Chimney Rock Trail: Pt. Reyes Nat'l Seashore, 1 Bear Valley Road, Pt. Reyes

On this 1.8 mile hike, you'll enjoy a dramatic coastline, crashing waves, and the fog rolling into the sunny inlet.



Land's End Trail: 680 Point Lobos Avenue, San Francisco

There are miles of trails that provide examples of coastal terrain with views of the Golden Gate Bridge. Don't miss the labyrinth beyond Land's End Trail.

Tomales Point Trail: Pierce Point Road, Inverness, 94937

This hike showcases gorgeous scenery with ocean cliffs and crashing waves, and a variety of wildlife and wildflowers along the way.

San Leandro Bay Regional Shoreline Hike: 1600 Neptune Drive, San Leandro

A hidden gem in the East Bay, this hike features marshland and is great for dogs.

Presidio Promenade Trail: Lombard Gate, San Francisco

A 4.5 mile loop trail that offers historical points of interest and scenic views.

Robert Louis Stevenson State Park: 3801 St. Helena Highway, Calistoga

This 10.5 mile hike up to the top of Mount St. Helena offers some of the best views of any hike in Northern California.

Steep Ravine Trail: Panoramic Highway and Old Mine Trail, Mill Valley

This hike grants coastal views and is known for its ladder. Bundle up for this hike because even in the summer it can be chilly.

Source: Julian Garr. Reprinted with permission.