

# SOUTH EUCLID LYNDHURST

## AVI FRESH NEWSLETTER

### WHAT'S HAPPENING IN NOVEMBER

Something special for all ages!

#### CELEBRATING MOROCCAN CUISINE

Cooking Local, Going Global is featuring Moroccan Cuisine for the month of November. The students will be able to enjoy Moroccan chicken as an entree with a side of Moroccan vegetables and rice pilaf. They are sure to love it all!

#### EAT MORE COLOR: EAT MORE ORANGE

During the month of November we will be promoting the importance of eating orange. Eating more orange fruits and vegetables helps with your vision. The students will be able to select from a variety of orange menu items such as glazed carrots, sweet potato fries and orange smoothies. Be sure to check out the recipe cards each month to see the tasty treats that you can make at home! This month we are featuring the Sunshine Salad. It is sure to be a big hit!

### SOUTH EUCLID LYNDHURST SCHOOLS RECEIVES PROMISING PRACTICE AWARD

The Farm to Fork Program is Huge Success!

The model practice program is through the National Association of City and County Health Officials. The goal of the program is to honor initiatives that demonstrate how local health departments and their community partners can effectively collaborate to address local public health concerns. Model practices cut across all areas of public health and are an innovative resource, initiative, program, administrative practice, or tool that communicates the value of governmental public health.

Our farm to school project received the promising practice designation. The promising practice designation meets certain criteria related to the role a local health department plays in a practice, its collaboration and innovation, and responsiveness in addition to some qualitative and quantitative evidence that the practice improves health outcomes. Promising practices have the potential to become a model practice.

### LEARN



Today, people are busier than ever. Only after going to school, attending after-school activities, eating dinner and doing homework, do we find time for sleep. When we are finally ready to rest our heads, we find that there are still more tasks to accomplish. We often end up staying awake an hour or more later than our normal bed-time just to get everything done.

Staying awake at night becomes the norm and we often do not give it much more thought, but sleep is not merely a time-out from our busy routines; it is critical for the human system to work properly. The National Highway Traffic Safety Administration has estimated more than 100,000 auto crashes annually are fatigue related, causing more than 1,500 deaths and tens of thousands of injuries and lasting disabilities.

So how much sleep is enough? Most of us need 7 to 8 hours of sleep to function at our best, though some can operate on as little as 6 hours and others need as much as 10 hours. And, contrary to common belief, the need for sleep does not decline with age.

Sleep deprivation can make life more stressful and cause you to be less productive. Our memory is impaired, physical performance is affected and the ability to carry out mathematical calculations is reduced.

While we sleep, we're cycling through different states of consciousness, moving in and out of dream states and actively restoring vital chemical balances all in preparation for a new day. During sleep, the body is able to restore organs, bones, and tissue; replenish immune cells, and circulate a rejuvenating supply of growth hormone. Protein synthesis occurs, energy consumption is reduced, and brain cells are restored.

Getting the proper amount of quality sleep every night will promote general overall health — so go to bed and get some sleep!



For more facts and information please visit [AVInutriSOURCE.com](http://AVInutriSOURCE.com)

### FUN FOOD FACT:

Eating a deli sandwich or a wrap for lunch can save a lot more calories than eating something fried

