



HEALTHY HALLOWEEN



If Bats, Ghosts & Zombies don't **SPOOK** you, this surely will!

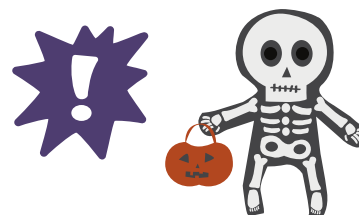
The average child consumes approximately **3 cups of sugar** during Halloween.

=150 TEASPOONS

=2400 Calories

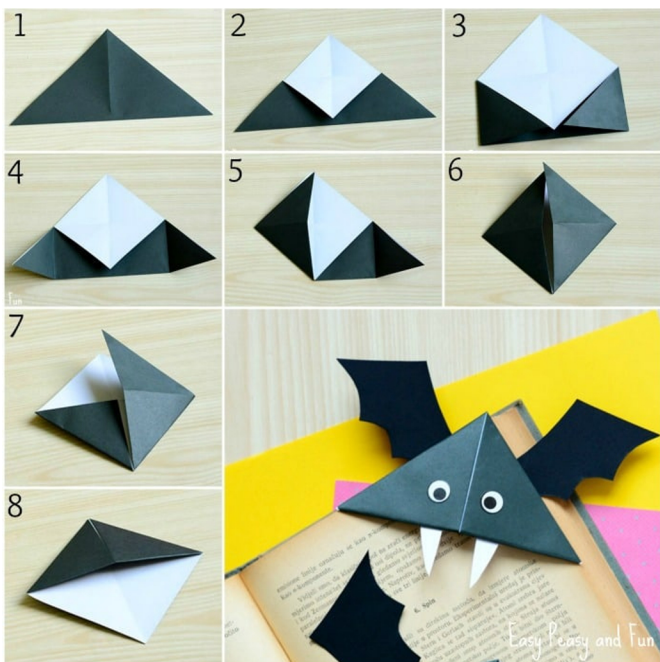


The American Heart Association recommends kids have **less than 6 teaspoons** of sugar a day



BOO! HOW SCARY!

This year, celebrate Halloween with healthy treats and spooky fun activities. Turn the page to see more healthy alternatives for classroom Halloween fun and learn how to get involved with the SCUSD Wellness Committee.



DIY Corner Bat Bookmark

<https://www.easypeasyandfun.com/diy-bat-corner-bookmarks/>

Mummy Applesauce
<https://seevanessacraft.com/2015/10/halloween-mummy-apple-sauce-snack-idea/>



Spooky Foods

<https://lilluna.com/healthy-halloween-snacks/>

Source: <https://couponfollow.com/info/halloween>

The mission of the Health Education Council is to cultivate health and well-being in under-served communities by leveraging the power of collaboration. For more information, visit www.healtheducouncil.org

Funded by the USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.



We've BREWED up fun and healthy alternatives
 Now everyone can TRICK AND TREAT happily.

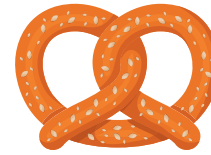


Witches Slime
16¢



Sticker pack
8¢

Pretzels packets
18¢



Straws
8¢

Cheese
Cracker Packets
0.33¢



Non-toxic
stamps
0.50¢



Bubbles
13¢



Crayons
20¢



Popcorn
25¢

Halloween sweets cost
7¢ (candy)
to 19¢ - 40¢ (chocolate) per
piece

Have a Safe and Healthy
Halloween!



TRICK
OR
TREAT

Prices from Oriental Trading Company, Amazon,
Costco, & Wind City Novelties 2018.

More ideas: Seed packets, band aids, tattoos, erasers,
glowsticks.



Join the SCUSD Wellness Committee

The SCUSD Wellness Committee meets monthly and welcomes new members! Teachers, parents, administrators, and school staff members interested in student wellness are invited to attend.

The District Wellness Committee meets the 1st Wednesday of every month at the Serna Center – Indiana Room* from 3:30pm-5:00pm.

For more information on the District Wellness Policy or the District Wellness Committee, please visit: <https://www.scusd.edu/district-wellness-committee>

*Location subject to change. Please check website

- November 6th 2019
- December 4th 2019
- (No meeting in January)
- February 5th, 2020*
- March 4th, 2020
- April 1st, 2020*
- May 6th, 2020
- June 3rd, 2020*
- July 1st, 2020



UN HALLOWEEN MÁS SALUDABLE



Si los murciélagos, fantasmas, y zombis no te asustan, ¡Esto seguramente lo hará!

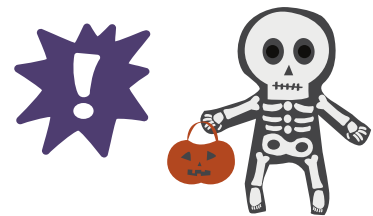
En promedio, un niño consume aproximadamente 3 tazas de azúcar durante Halloween

=150 Cucharaditas

=2400 Calorías



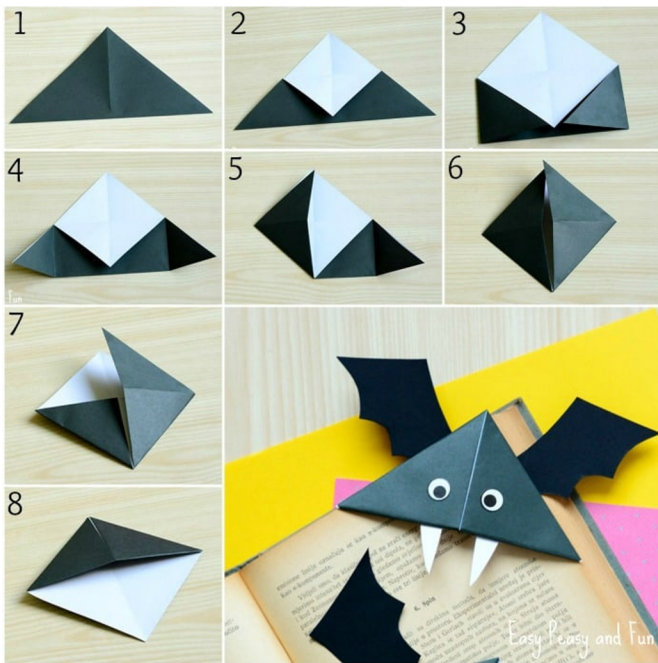
La Asociación Americana de Corazón recomienda que los niños consuman **menos de 6 cucharaditas** de azúcar al día



¡BOO! ¡QUE MIEDO!

Celebre Halloween con botanas saludables, actividades divertidas y espantosas.

Al reverso de la página encontrará alternativas más saludables y diversión para el Halloween en la clase. Aprenda cómo puede involucrarse con el Comité de Bienestar de SCUSD.



Marcador de esquina para libros

<https://www.easypeasyandfun.com/diy-bat-corner-bookmarks/>

Salsa de Manzana Como Momia

<https://seevanessacraft.com/2015/10/halloween-mummy-apple-sauce-snack-idea/>



Comida Espeluznante

<https://lilluna.com/healthy-halloween-snacks/>

Source: <https://couponfollow.com/info/halloween>

The mission of the Health Education Council is to cultivate health and well-being in under-served communities by leveraging the power of collaboration. For more information, visit www.healthedcouncil.org

Funded by the USDA SNAP, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.



Hemos creado alternativas divertidas y saludables Ahora todos pueden celebrar felizmente.

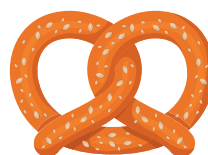


Slime de brujas
16¢



Paquete de pegatinas
8¢

Pretzels
empaquetados
18¢



Popotes
8¢

Paquetes de
galletas de queso
0.33¢



Sellos no
tóxicos
0.50¢



Burbujas
13¢



Lápiz de color
20¢



Palomitas
25¢

Dulces y chocolates de
Halloween 7¢ to 19¢ - 40¢ por
pieza



**TRICK
OR
TREAT**

Precios de Oriental Trading Company, Amazon, y
Costco, & Wind City Novelties 2018.

Más ideas: paquetes de semillas, curitas, tatuajes, gomas
de borrar, barras luminosas

¡Tengan un Halloween
saludable y seguro!



Tome parte del comité de bienestar de SCUSD

¡El Comité de Bienestar de SCUSD se reúne mensualmente y le da la bienvenida a los nuevos miembros! Maestros, padres, administradores y miembros del personal escolar que están interesados en el bienestar de los estudiantes están invitados a asistir/participar.

El Comité de Bienestar del Distrito se reúne el primer miércoles de cada mes en el CentroSerna - Salón Indiana* de 3:30 p.m. a 5:00 p.m.

Para obtener más información sobre la póliza de bienestar del distrito o el Comité de Bienestar del Distrito, visite: <https://www.scusd.edu/district-wellness-committee>

*Locacion sujeta a cambio. Por favor visite la pagina

- 2 de octubre de 2019
- 6 de noviembre de 2019
- 4 de diciembre de 2019
- (No hay reunión en enero)
- 5 de febrero de 2020
- 4 de marzo de 2020
- 1 de abril de 2020
- 6 de mayo de 2020
- 3 de junio de 2020
- 1 de julio de 2020