



# Wellness Wednesdays



## In the Spotlight



Special Thanks to **Tiffany Brown** for sharing her talent with us on this Wellness Wednesday! Tiffany is a school counselor at Barrows STEM Academy, and she has created a cooking video featuring **two recipes**:

Click on the Recipe Name Below to watch the cooking video!

[Stuffed Peppers with Yellow Rice & Ground Turkey Salad w/ side of Peppers and Sour Cream](#)

### Ingredients for Both Recipes Include:

#### Protein

Your Choice  
Ground Turkey  
Ground Beef  
Ground Chicken

#### Vegetables

Mushrooms  
Black Beans  
Peppers  
Onion  
Dairy  
Sour Cream  
Cheese of your choice

#### Starch

Yellow Rice (your choice)

#### Seasonings

Olive Oil  
Salt & Pepper  
Taco Seasoning Pack  
Seasoning of your choice

If you enjoyed this recipe and would like more information about Tiffany's catering please visit her website at: [www.mildredscateringandmore.com](http://www.mildredscateringandmore.com) or follow her on Instagram at: [@mildredscatering15](https://www.instagram.com/mildredscatering15)

Happy Wellness Wednesday Everyone! We hope that you are doing well. It's hard to believe that it is already the last day of March. In today's issue we are sharing three main focus areas. First, this week we have one of our staff members **in the Spotlight**. Second, we want to thank everyone who participated in this week's Raffle and sent us a pictures engaging in Mindfulness activities! **And the WINNER is....** (please scroll down to our second page to see who won and all the pictures that were submitted this week.) See below for the next Raffle challenge. And lastly, just a friendly reminder regarding our PD workshop today at 1:00pm. This PD session is **highly encouraged** but we understand that due to scheduling conflicts, as well as the vaccine clinics, not everyone will be able to attend the live session. The session today, and the other two sessions on 4/21 & 4/28, will be recorded and a link to the recording will be shared afterwards.

### Next Raffle! Enter for chance to win a prize!

Our theme for April will be "**KINDNESS**" and so our raffle challenge will be to practice **Random Acts of Kindness**. From now until next Tuesday (4/6), please submit pictures of yourself engaging in Random Acts of Kindness. Next Wednesday, we will be selecting **TWO** prize winners. All entries will be entered into a raffle drawing for a chance to win a gift card prize. In addition, and in the spirit of friendly competition, we will also be selecting a second prize winner from the school/location that has the most entries. So you will have two opportunities to win... so start sending your pictures now!!! Send pictures to [WellnessWednesdays@windham.k12.ct.us](mailto:WellnessWednesdays@windham.k12.ct.us). We will announce the winners next Wednesday, 4/7/2021. Good Luck!!!

Leave encouraging notes on windshields | Send cards to your local nursing home | Text a friend you haven't spoken to in a while | Call a neighbor or relative who lives alone | Buy coffee for the person in line behind you | Pay for someone's meal at a restaurant | Leave drinks or snacks for delivery workers | Leave a generous tip | Leave a small gift on someone's doorstep | Help a neighbor with yardwork or shoveling | Donate to a food pantry | Donate to a homeless shelter | Thank an essential worker

### Professional Development Workshops

#### Anxiety in Schools Series

##### **Session 1: Initial Overview**

This session will provide an introduction to evidence-based, mind-body health strategies to address anxiety among educators, staff and students.

Virtual link: <https://rivier.zoom.us/j/7490894183>



Windham Staff practicing MINDFULNESS activities!!! This week's Raffle WINNER is...

