



# FAMILY WELLNESS NEWSLETTER

JANUARY

Your monthly source for SDUSD health and wellness insights



SCAN ME

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**SDUSD FAMILY ENGAGEMENT DEPARTMENT WEBSITE!**

## THEME OF THE MONTH

**SPARK TO SERVE  
QUOTE OF THE MONTH**

**"ANYBODY CAN BE GREAT  
BECAUSE EVERYONE CAN SERVE."  
- MARTIN LUTHER KING JR.**

**AFFIRMATIONS TO SAY WITH  
YOUR STUDENT:**

- You can use your gifts to change the world.
- Every kind act you do, no matter how small, makes a difference.
- When we work together, amazing things can happen.



## HAPPY NEW YEAR!

This month, the San Diego Unified District Wellness Council will be focusing on the theme of "Spark to Serve." Did you know that Martin Luther King Jr. Day is a federal holiday designated as National Day of Service to encourage everyone to volunteer to improve their communities? Everyone has the ability to make a difference in their community. Being more involved and volunteering your time not only helps the community, but it benefits your own personal well-being. Our health is not only influenced by our own personal behaviors, but also by our environment, social connections, and community support.

## RESOURCES

**Health & Wellness Hotline**  
for  
STUDENTS | STAFF | FAMILIES

Call  
Mon - Fri  
8am-5pm

Call the San Diego Unified School District Health & Wellness Hotline for information and connections to community, health and district resources.

- Medical & dental healthcare
- Wellbeing resources
- Food, clothing & housing assistance
- And more!

📞 760-334-7878

Please save the number 760-334-7878 to your phone, and visit [www.sandiegounified.org/hotline](http://www.sandiegounified.org/hotline) for more information.

## GREAT KINDNESS CHALLENGE

Kids for Peace

**Great Kindness Challenge.**

create kindness  
January 22-26, 2024

happily sponsored by  
ooly

Mark your calendars for the 13th annual Great Kindness Challenge!

This year's theme is all about creating kindness.



SIGN UP FOR THE ACTS OF KINDNESS CHECKLIST FOR YOUR FAMILY

As part of San Diego Unified's Wellness Initiative, every school has a designated school wellness coordinator who helps to coordinate health and wellness efforts for their school community. Get to know your school wellness coordinator!

# BRINGING HEALTH AND WELLNESS HOME

## RECIPE TO TRY!

Here is a fun recipe you can make with the help of your student!



## Yummy Eggplant Lasagna Rolls

Servings: 6



### Ingredients

- 6 whole-grain lasagna sheets
- 1/4 cup olive oil
- 1 small onion, diced
- 2 cloves garlic, finely chopped
- 1/4 cup water
- 2 small eggplants, peeled and diced
- 2 small carrots, diced
- 1 red bell pepper, seeded and diced
- 18 black olives, pitted and finely chopped
- 1 tablespoon finely chopped fresh cilantro leaves
- 1/4 teaspoon salt
- 1 cup shredded low-fat mozzarella cheese
- 3/4 cup tomato sauce

### Instructions

1. Preheat the oven to 350°F.
2. In a large pot of boiling water, cook the lasagna until tender, about 7 minutes. Drain the lasagna and let it cool on a surface.
3. While the lasagna is boiling, in a large saute pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, bell pepper, olives, cilantro, and salt. Cook, stirring occasionally, until the veggies are tender, about 8 minutes.
4. On a work surface, spread about 2 tablespoons of the eggplant mixture over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you, roll each lasagna noodle tightly then secure with a toothpick. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese. Bake until the cheese is golden, 15 to 20 minutes.

## DID YOU KNOW?

Evidence shows that eating frequent family meals is associated with increased self-esteem and school success in children and adolescents.



ADDITIONAL INFORMATION

SCAN OR CLICK FOR LINK TO RECIPE



<https://bit.ly/3uAlhs0>

## Meaningful Meals:

Questions for connecting with your student at mealtimes



- What are some things that you're passionate about?
- How do you help other people? How does helping them make you feel?
- If you could create your own charitable organization, what would be its mission?
- How do you think we could volunteer to help as a family?

## FAMILY RELATIONSHIP BUILDING ACTIVITIES:

- Participate in the [Great Kindness Challenge \(Family Edition\)](#) and complete the Acts of Kindness Checklist Together!
- Set a family New Years Resolution together
- Take part in a community clean-up at a local park or beach
- Spend a day cleaning out things you no longer need at home and have a garage sale or donate to those in need