



WELLNESS NEWS YOU COULD USE

February 2024



A note from the School Wellness Team:

Greetings Lower Richland High School faculty/staff, students and families! We are looking forward to a wonderful year, with a focus on health and wellness. The School Wellness Team has been working hard to plan wellness activities for faculty, staff, students and families. Each month we will share a newsletter as our way to spread the word about wellness events happening at our school and in our community.



LRHS School Wellness Team

Upcoming events:

- ☐ 02/03 & 02/04 Free Volleyball Clinic at Bluff Road Park
- ☐ 02/11 LRHS Faculty and Staff Step Challenge Ends
- ☐ 02/21 Connecting Communities and Schools Health Education Webinar
- ☐ 02/24 Race for the Place 5K Run/Walk Benefiting Homeless No More

Looking ahead:

03/02	Annual CMMS Foundation Walk at Meadow Lake Park
03/16	Get to the Green Road Race @ St. Pat's in 5 Points
03/23	Midlands Heart Walk
03/30	Blood Drive and Community Health Fair @ Caughman Road Park
04/12 - 04/13	Governor's Cup

Stay in touch :

School Wellness Team Members

Rachel Fobare
Constantina Green
Fransmary Hernandez Martinez
Tonya Hill
Sunitha Karnati
Joseph King
William Murphy
Carlos Ocampo
Amy Pederson
Elvionna Belin-White

JUST FOR FUN DATES

02/01 - NATIONAL WEAR RED DAY
02/03 - NATIONAL WOMEN'S PHYSICIANS DAY
02/04 - NATIONAL HOMEMADE SOUP DAY
02/07 - NATIONAL SEND A CARD TO A FRIEND DAY
02/09 - NATIONAL PIZZA DAY
02/14 - NATIONAL ORGAN DONOR DAY
02/16 - NATIONAL CAREGIVER'S DAY
02/20 - NATIONAL LOVE YOUR PET DAY
02/22 - NATIONAL CHILI DAY

MONTHLY OBSERVANCES

02/01 - GROUND HOG DAY
02/10 - LUNAR NEW YEAR
02/11 - SUPER BOWL SUNDAY
02/13 - MARDI GRAS
02/14 - VALENTINES DAY
02/14 - ASH WEDNESDAY
02/19 - PRESIDENTS DAY
02/29 - LEAP DAY

FEBRUARY IS AMERICAN HEART MONTH FIVE TIPS FOR A HEALTHY HEART BE ACTIVE

MAINTAIN A HEALTHY DIET

AIM FOR A HEALTHY WEIGHT

AVOID TOBACCO

LIMIT ALCOHOL USE



RECIPE OF THE MONTH

SKINNY RASPBERRY CHOCOLATE QUINOA MUFFINS

READY IN: 28 MINUTES

PREP TIME: 5 MINUTES COOK TIME: 23 MINUTES

**THESE SKINNY RASPBERRY CHOCOLATE CHIP QUINOA MUFFINS
REQUIRE JUST ONE BOWL AND ARE MADE WITHOUT ANY EGGS, DAIRY,
GLUTEN OR OIL. THEY'RE HEALTHY, PACKED WITH FLAVOR,
AND HAVE THE LOVELIEST SOFT TEXTURE!**

Raspberry Chocolate Chip Quinoa Muffins

INGREDIENTS

- 1 **flax egg** 1 tablespoons flaxseed meal
+ 3 tablespoons water
- 1/2 cup mashed banana
- 1/2 cup **applesauce**
- 1/4 cup **maple syrup**
- 1/4 cup non-dairy milk
- 1 1/4 cups **oat flour** from ground oats
- 1/2 cup **quinoa flakes**
- 1/2 cup **almond flour**
- 2 teaspoons **baking powder**
- 1 teaspoon **cinnamon**
- 1/4 teaspoon **sea salt**
- 1/3 cup Whyman's Frozen Raspberries
- 1/3 cup **chocolate chips**



Instructions

1. Preheat the oven to 350°F. Line a muffin tin with paper liners (or grease with coconut oil) and set aside.
2. Beat together wet ingredients in a large mixing bowl. Add dry (minus raspberries and chocolate chips) and stir together until incorporated. Fold in raspberries and chocolate chips.
3. Divide batter evenly between the 12 muffin cups. Bake on the center rack for 20 - 23 minutes until a cake tester inserted into the center comes out clean.
4. Allow muffins to cool in the pan for 5 minutes then transfer to a wire rack and cool completely.



RICHLAND ONE
Health and Physical Education

February Fitness Fun in Richland One



Name: _____

Teacher: _____

Purpose: The purpose of this calendar is to encourage daily physical activity for students throughout the month. Use these activities when the students need a brain break or as whole family challenges.

Directions: Have your student complete 1 activity every day. After they complete an activity, record their results or provide a check mark to indicate completion. Can your student complete the whole calendar?

✓ Done	Activity	Task
	1	Face each wall in your room and do an exercise for 30 seconds.
	2	Crab walk to each room in your house.
	3	Go on a walk and find 5 things starting with an "S".
	4	Perform squats for an entire commercial on television.
	5	Perform 3 sets of 12 Burpees.
	6	Complete a 1 minute "Wall Sit".
	7	Perform 10 Jumping jacks for every point scored in the Super Bowl.
	8	Using both hands, hold a book high over your head for 60 seconds.
	9	Reach and touch your toes while counting to 30. Repeat 3 times.
	10	Create a dance to your favorite song.
	11	Using canned vegetables, perform arm curls while counting to 100.
	12	Challenge a family member and see who can balance on one foot the longest.
	13	Hold the push-up position for 2 commercials.
	14	Do Side Bends while reciting the ABC's. Repeat twice.
	15	Do the butterfly stretch while stating 10 words that begin with the letter "J".
	16	Pick 5 different stretches to perform and hold each one for 20 seconds.
	17	Safely toss and catch a pillow 75 times without dropping it.
	18	Perform a Plank for 1 minute.
	19	Challenge a friend or family member to a Jumping Jack contest.
	20	Skip to every room in your house while singing your favorite song.
	21	Jump an imaginary rope while skip counting to 100 by 2's.
	22	How many push-ups can you perform without losing form?
	23	How many line jumps can you perform in 1 minute?
	24	Jog in place for 3 minutes without stopping.
	25	While balancing a book on your head, march to every room in your house.
	26	Perform your favorite "Line Dance".
	27	How many curl-ups can you perform without losing form?
	28	See how many different ways you can find to balance.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Always perform the activities in a safe space.
- ✓ Return the calendar to your teacher at the end of the month.





BUMP, SET, SPIKE
Kids Volleyball Clinic

Saturday, February 3 🌞 1:00 PM-3:00 PM
 Sunday, February 4 🌞 3:00 PM-5:00 PM

BLUFF ROAD PARK
 Ages 6-14 🌞 Free Clinic!


FREE FRIDAYS
ARE BACK

for Richland and
 Lexington County Residents

January
 Through
 February


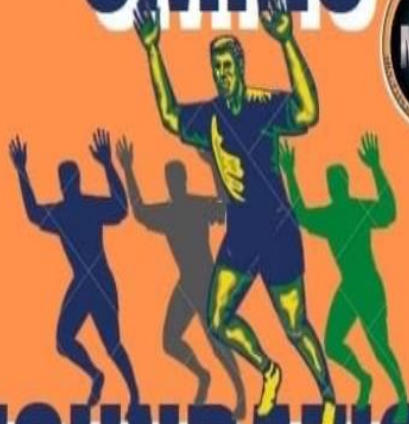
PROOF OF
 RESIDENCY REQUIRED

RIVERBANKS
ZOO & GARDEN
 columbia south carolina



JOIN US TO HELP RAISE FUNDS FOR:

THE ANNUAL
CMMS

FOUNDATION
WALK

SATURDAY
MARCH 02, 2024
 9:00 AM - 1:00 PM

MEADOWLAKE PARK
 600 DECKMAN ROAD, COLUMBIA, SC 29203

LIVE MUSIC **RUFFLES** **AND BACK** **GAMES**

FOR INFORMATION VISIT [HTTPS://CMMSFOUNDATION.ORG](https://cmmsfoundation.org)

Blood Drive and Community Health Fair

Join RCRC, the B Strong Group, and the American Red Cross for our annual Blood Drive and Community Health Fair. We'll give out lots of giveaways from participating organizations. There will be fun activities, free food, live entertainment, and much more.

Date: Saturday 3/30/2024
 Time: 10:00 AM-3:00 PM

Ages: All Ages
 Location: CRP Fee: \$0



2023-24

CONNECTING COMMUNITIES & SCHOOLS

A WEBINAR SERIES TO ENHANCE COLLABORATION BETWEEN SCHOOLS AND
COMMUNITIES TO SUPPORT STUDENT HEALTH

MARK YOUR CALENDAR
CEUS available for educators!

10:00 a.m. - 11:15 a.m.

Sept 20	Mental Health Services
Oct 18	Health Services
Nov 15	Family Engagement
Jan 17	Employee Wellness Part 1
Jan 24	Employee Wellness Part 2
Feb 21	Health Education
Mar 20	Nutrition & Environmental Services
Apr 17	Environmental Health
May 15	PE & Physical Activity



SCAN ME



wholespire.org





Race for the Place 5K Run/Walk

For the Families of Homeless No More

February 24, 2024

St. Joseph's Catholic Church, 3600 Devine Street

8:00am

Fun Run: 9:00am • Awards Ceremony: 9:15



CASH PRIZES T-SHIRTS FUN RUN MEDALS

Packet Pick Up

Friday 2/23 StrictlyRunning 10am-6pm

Saturday 2/24 on-site 7:00-7:45am

<https://www.homelessnomoreesc.org/events>



Register here!



Registration Fees

Early Registration: \$25

After January 22: \$35

Day-Of: \$40

One-Mile Fun Run (12 & Under): \$15

Awards

Top 3 (male/female): \$100, \$75, \$50

Masters (male/female): \$50

Grand Masters (male/female): \$50

Age Group Awards & Largest Team Award

All race participants receive a race t-shirt (not guaranteed if registration is after February 1).

Get To The Green Road Race

📅 MARCH 16, 2024

📍 DEVINE STREET

🕒 10K - 7:30 A.M.

🕒 5K - 7:45 A.M.

🕒 1-MILE FAMILY FUN RUN - 8:00 A.M.



THE STARTING LINE FOR ST. PAT'S FUN!

Kick-off the St. Pat's in Five Points Festival with Columbia's largest road race.

PACKET PICKUP

Registrations will also be accepted at Packet Pickup – Cash and Credit Card accepted

Thursday, March 14 | 11:00 a.m. – 5:00 p.m.

Friday, March 15 | 9:00 a.m. – 5:00 p.m.

Saturday, March 16 (Race Day) | 6:30 a.m. – 7:30 a.m.

Packet Pickup Location (Thursday & Friday):

Coastal Carolina National Bank

1940 Blossom Street, Columbia SC 29205

****Race day packet pickup will be at the start/finish line****

EVENT SCHEDULE

STARTING TIMES

7:30am – 10K Start (2-hour time limit)

7:45am – 5K Start (1.5-hour time limit)

1-Mile Family Fun Run starts behind 5K

All events start and finish on Devine Street near the festival entrance.

Costumes and good luck charms welcomed and encouraged!

QUESTIONS? E-mail us at gettothegreen@stpatscolumbia.com

2024 Midlands Heart Walk

Saturday, March 23, 2024

Times: Festivities Begin 8:00am | Walk Begins 9:00am

Segra Park

1640 Freed Street | Columbia, SC 29201

Route Length: 1 & 3-Mile Options

The **Heart Walk** has always been a great way to get moving while socializing with friends, family and co-workers leading up to and on the day of event. But it's so much more than a walk. Walking in the Heart Walk boosts your heart health AND mental health while helping millions of others at the same time.

Be a supporter of critical research. Be a community energizer. Be a champion. Be a lifesaver. You are all of these things because you are a walker.

Questions, Contact Us

Your Heart Walk Team

MidlandsSC@heart.org

803.730.0135

Donation Mailing Address

American Heart Association

Attn: Midlands Heart Walk

887 Johnnie Dodds Blvd. Suite 110

Mount Pleasant, SC 29464



American Heart Association®

Heart Walk®

20% *Discount Code*
STUDENT



GOVERNOR'S
CUP ¹⁹⁷³
₂₀₂₄



Lexington Medical Center

governorscupsc.org

MILE - 5K - HALF-MARATHON - APRIL 12-13, 2024



REGISTER FOR SPRING SPORTS

Connect. Improve. Compete.

Don't miss out on spring athletic opportunities, from tennis to soccer. Learn a new skill or reach a new level. We can't wait to see you at the park.

