

Forest Hills Consolidated School Wellness Corner

November 2025 Sugar Sweetened Beverages

Your school's wellness policy says:

"Alternatives to foods as rewards."



HOW MUCH SUGAR IS IN YOUR FAVORITE DRINK?

To find out how many teaspoons of sugar are in a drink, check the grams of sugar on the nutrition label, then divide that number by 4.

For example, 16 grams (g) ÷ 4 = 4 teaspoons (tsp)

My drink has ____g of sugar ÷ 4 = ____tsp of sugar



EARN

PRIZES

ON YOUR PATH TO

100 MILES!



100 MILE

CLUB

ASK YOUR TEACHER HOW TO JOIN

ACTIVITY CONVERSION: EVERY 15 MIN = 1 MILE

GYM CLASS, RECESS, & ANY OTHER TIME YOU'RE BEING ACTIVE

100 MILE CLUB
SINCE 1999

Somerset
Public Health

move
more kids
new balance
FOUNDATION

Hot Spinach Artichoke Dip

Ingredients:

- 8 ounces Cream Cheese (Low-Fat)
- ¼ cup Mayonnaise (Light)
- ¼ cup Parmesan Cheese
- ¼ cup Romano Cheese
- 1 clove Garlic (Minced)
- ½ teaspoon Basil
- ¼ teaspoon Garlic Salt
- Salt (To taste)
- Black Pepper (To taste)
- 14 ounces Artichoke Hearts (Drained and chopped)
- ½ cup Spinach (Chopped)
- ¼ cup Mozzarella Cheese

Directions:

1. Preheat the oven to 350 degrees F. Lightly grease a small baking dish.
2. Mix cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt, and pepper together in a medium bowl.
3. Gently stir in artichoke hearts and spinach.
4. Transfer the mixture to the prepared baking dish; top with mozzarella cheese.
5. Bake in the preheated oven until bubbly and lightly browned, about 25 minutes.

Meet Shaleigh

Hello! My name is Shaleigh Trask, I work to prevent youth substance use. I can support your school in Jackman by educating students, parents/guardians, and staff on topics like vaping, cannabis, and alcohol. For more information, contact strask@rfgh.net



National Storywalk Month: Step outside and experience the joy of reading and movement combined! Communities across the country are invited to explore stories displayed along outdoor paths and trails. Check with your local libraries for events in your area OR visit one of our permanent story walk trails at Lake George Regional Park and the Preamble Ave. Sports Complex in Madison!

Path to a Substance-Free Future

For many of us, November is a month to give thanks and think about the positive.

For some former smokers, November marks the start of their quitting journey thanks to the **Great American Smokeout**.



Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. **Start with day one.** Let the **Great American Smokeout** event on **November 20** be your day to start your journey toward a smoke-free life.

When you're ready to quit, you don't have to do it alone. **The Maine QuitLink** provides **FREE**

- personalized quit plans,
- one-on-one coaching via phone or text, and
- medications to control cravings



Why wait? You'll have everything you need to quit successfully and start feeling the benefits right away.

SCAN the QR code for the Maine QuitLink or call **1-800-QUIT-NOW**.



2025-26 Outing Schedule

Somerset Outing Club is a program of Move More Kids and Skowhegan Outdoors. We provide **FREE** trips to outdoor destinations for Somerset County Residents. Each trip includes; Free Transportation, a Free Bagged Lunch, and Any Gear or other associated costs for the day!

October 11

Apple Picking & costume Contest
@ Ricker Orchards



February 15

FREE Ski Day @ Titcomb Mtn



May 10

Hiking @ ME Huts & Trails



June 27

Hiking & Beach Day @ Reid State Park



Sign-up to stay up-to-date

