

The Wellness Times



Fred C. Underhill School
Hooksett, NH
Volume 3, Issue 7
April, 2019



"If April Showers
bring May
Flowers, what do
Mayflowers
bring?"

April Showers Bring May Flowers

'Pilgrims!'



'Ha
Ha!'



Fruit of the Month



This month the First and Second Grade students tried Kiwi on April 3rd. This tangy-sweet fruit is high in Fiber, Vitamin C, and Vitamin A. And they taste great too!



Up next:

On May 1st we will be handing out Mandarin Oranges for everyone at lunchtime.



April Vacation at the Hooksett Public Library



Monday, April 22: 12:00pm – Bring a Lunch, Watch a Movie: Wreck-It-Ralph 2–Ralph Breaks the Internet



Wednesday, April 24: 10:00am – Mr. Vinny's Shadow Puppet Puppet Show!

Thursday, April 25: 12:00pm – Bring a Lunch, Watch a Movie: Mary Poppins Returns

TIGER WAS HERE ON APRIL 11TH!!

TIGER (THEATER INTEGRATING GUIDANCE, EDUCATION, AND RESPONSIBILITY) IS A PROFESSIONAL THEATRE COMPANY DESIGNED TO HELP CHILDREN, SCHOOLS, PARENTS, AND COMMUNITIES DEAL PROACTIVELY AND POSITIVELY WITH SOCIAL ISSUES AND CONCERNS FACING CHILDREN IN SCHOOLS TODAY. BASED ON THE ANONYMOUS WRITINGS OF SCHOOL CHILDREN, A TIGER PERFORMANCE INCORPORATES LIVE ACTORS, THEATRE, MOVEMENT, AND MUSIC TO ENGAGE SCHOOL AUDIENCES FROM K-12. BY USING CHILDRENS' OWN WORDS, TIGER ENABLES CHILDREN TO HEAR THEIR OWN VOICES AS THEY STEP BACK FROM THE EXPERIENCES OF BULLYING AND THE INTOLERANCE OF INDIVIDUAL DIFFERENCES TO MOVE INTO MORE POSITIVE SOCIAL INTERACTIONS AT SCHOOL AND IN THEIR COMMUNITY.

THE PERFORMANCE AT UNDERHILL WAS CALLED 'BRAND NEW DAY'

ENCOURAGING CHILDREN TO BE RESILIENT AND TO STAND UP FOR THEMSELVES & OTHERS

T = TAKE CARE OF YOURSELF. EAT, EXERCISE, ROUTINE, AND REST!

I = IMAGINE. MAKE CONNECTIONS TO OTHERS AND IDEAS EVERY DAY, AND LOOK FOR OPPORTUNITIES FOR SELF-DISCOVERY WHEN THINGS GO WRONG.

G = GROW YOUR CONFIDENCE AND NURTURE A POSITIVE VIEW OF YOU! KEEP THINGS IN PERSPECTIVE AND MAINTAIN A HOPEFUL OUTLOOK ON LIFE!

E = HAVE EMPATHY FOR YOURSELF AND OTHERS. ALWAYS BE KIND AND HELP OTHERS WHENEVER YOU CAN.

R = RESPECT YOURSELF AND OTHERS, UNDERSTAND THAT CHANGE, GOOD AND BAD, IS A PART OF LIFE.



Red Sox Opening Day was March 28th!

Try this Red Sox inspired Game Day recipe!

Hot Italian Beef au Jus Sandwiches

From: "The Hungry Fan's Game Day Cookbook: 165 Recipes for Eating, Drinking, & Watching Sports" by Daina Falk

Ingredients:

- 4 lbs. chuck roast
- Sea salt and freshly ground black pepper
- 1 tablespoon canola oil
- 1 small yellow onion, diced
- 5 cloves garlic, minced
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 2 tablespoons dried Italian parsley
- 5 banana peppers, thinly sliced, or to taste
- 1 cup beef stock
- 8 to 10 whole wheat buns
- 8 ounces fresh mozzarella cheese, thinly sliced

Season the beef with salt and pepper

Heat the oil in a large skillet over high. Add the beef, and brown both sides quickly, about 2 minutes per side. Decrease the heat to medium, add the onion, and cook for 4 minutes, until softened. Add the garlic, and saute for 1 minute.

Transfer to a 6-quart slow cooker, and add the oregano, basil, parsley, banana peppers, and stock. Add a couple healthy grinds of black pepper, and cover. Cook on low for 9 hours, or until the beef is soft and can be pulled apart with a fork.

Serve the beef hot on the buns, topped with a healthy slice of mozzarella, which will melt with the heat of the beef. Or put it under the broiler for 2 minutes to also lightly toast the tops of the buns. Serve with a small cup of the jus (the yummy juice left in the slow cooker) for dipping. Serves 8 to 10.



BASEBALL Word Search

R	S	R	K	J	B	K	A	O	S	K	R	A	P	E	X	B	F	Q
E	E	E	L	M	L	E	A	J	T	B	P	U	K	S	T	G	T	N
O	K	H	Z	A	C	A	R	D	I	Z	U	U	C	O	N	E	M	A
K	J	C	W	P	E	G	B	C	H	S	W	A	E	L	X	E	Y	S
X	P	T	A	N	O	I	P	M	A	H	C	K	D	N	E	W	L	S
J	E	I	O	H	N	N	D	P	H	O	I	O	W	C	I	Q	L	I
B	L	P	B	M	X	M	R	X	M	D	U	O	R	B	N	L	A	S
A	A	G	H	W	U	M	I	T	T	B	R	I	C	E	B	N	B	T
H	B	N	P	B	Y	H	S	X	L	H	V	I	T	Q	I	U	D	D
W	P	I	H	B	X	A	C	E	T	B	Z	D	L	T	P	I	N	T
L	L	T	P	S	V	E	H	N	U	K	Q	U	N	E	H	U	U	T
L	E	R	A	E	R	E	W	L	H	P	N	Z	D	A	G	L	O	C
S	I	A	S	M	A	C	C	U	F	T	X	I	O	G	I	W	R	R
U	V	T	G	D	Q	L	L	T	U	F	T	B	N	O	T	B	G	G
V	L	S	E	U	U	U	Z	O	E	K	B	S	T	E	H	L	F	Y
X	D	R	D	O	E	J	H	J	N	M	G	F	R	A	J	A	T	G
U	N	I	F	O	R	M	R	M	T	A	L	Z	E	I	B	E	A	N
W	O	H	M	S	H	U	L	E	Y	A	L	E	K	T	F	T	U	Z
I	J	E	N	A	N	P	C	R	E	T	T	I	H	O	N	S	A	S



- | | |
|---------------|-----------|
| ASSIST | MITT |
| AT BAT | NINE |
| BUNT | NO-HITTER |
| CARD | OUT |
| CHAMPION | PARK |
| CLUB | RUN |
| DECK | SAVES |
| DOUBLE HEADER | SCORE |
| FIRST | STARTING |
| FOUL | PITCHER |
| GROUND BALL | STEAL |
| HELMET | TAG |
| HITS | THROW |
| LEAGUE | UNIFORM |
| LINEUP | WALK |
| LOSE | |