



TAKE A MOMENT FOR YOU

Healthy for Good Newsletter

Combat Stress during Standardized Testing

We know that standardized testing isn't just stressful for students. As teachers and administrators, you are working hard to prepare your students to be as successful as possible. Its easy to get overwhelmed by the pressure of testing but we hope these tips will help you, and your students, cope.



Tips to Beat Testing Stress

Practice deep breathing. Start class off each day by having your students (and yourself) practice a couple minutes of deep breathing - this has proven effects on reducing stress.

Set a classroom motto. Displaying something as simple as "Don't stress, try your best" at the front of the classroom can help remind everyone to just do their best, and that that is enough.

Have a stretch break. After long blocks of testing, give your students the chance to get up and move a little. Try side stretches, forward folds, and little back bends to help them counteract all that sitting.

ONE TO GROW ON:

"Vision is not enough. It must be combined with venture. It is not enough to stare up the steps; we must also step up the stairs"

-Vaclav Havel

Simple Cooking with Heart: Chopped Colorful

- 2 cups packed **kale or spinach** (chopped)
- 1 1/2 cups **frozen corn** (thawed)
- 1 cup **chopped tomatoes** (about 2 medium tomatoes)
- 1 cup peeled, chopped **cucumber** (about 1 medium)
- 1/2 cup shelled, frozen **edamame** (thawed)
- 1/2 cup chopped **red onion** (about 1/2 medium red onion)
- 1 **avocado** (diced)
- 2 Tablespoons **lime juice**
- 1 Tablespoon **olive oil**
- **Pepper** to taste

1. In a large bowl, combine the kale, corn, tomatoes, cucumber, edamame, red onion and avocado.
 2. In a small bowl, whisk together the lime juice and oil.
 3. Toss together and season to taste.
- Makes 6 servings.

Nutritional Values Calories 156; Total Fat 8.4 g; Saturated Fat 1.1g; Trans Fat 0.0g; Polyunsaturated Fat 1.1 g; Monounsaturated Fat 5.0 g; Cholesterol 0 mg; Sodium 16mg; Total Carbohydrate 19g; Dietary Fiber 5g; Sugars 4g; Protein 5g;