



# Wildcat Strong

October 2020  
PTA Wellness Newsletter



## Nutrition

### Pumpkin Seeds

Ask an adult to help you preheat the oven to 300 degrees

- 1 ½ cups raw whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally. Enjoy!



## Mindset

### Fall Scramble

Unscramble these letters to find Fall themed words:

1. blalooft
2. ahy
3. eafI
4. kpuinmp
5. hilcly



## Exercise

### Let's Move!

- Make an outside obstacle course
- Make up a new dance and share it with a friend
- Build a fort
- Hold a plank and count to 100
- Make a bowling alley with homemade pins
- Play outside



## Social

### Make someone's day!

- Read a book to a friend
- Help someone younger than you
- Tell someone a joke
- Hold the door for someone
- Pay someone a compliment
- Do what's right even when know one is watching.