



Nassau Nutrition News



*We ARE the **HEART** of the school.*

News & Updates for Week of 01/06/2020

New format to share weekly updates and highlights to all employees! **Let us know what you think! Here is a [survey](#)** to fill out to let us know if you like it and whether you prefer it come to your phone through a Remind text like this week or to your district email address.

Reminder all employees have until February 1, 2020 to submit uniform receipts! The earlier the better because if you wait until February 1st and any items are not acceptable then there is no time to

purchase allowable items and unfortunately you will then be payroll deducted. Also any employee owing for uniform shirts needs to have their payment in by February 1st as well and if not you will also be payroll deducted.

Food Talk

Menu & Recipe Updates

New fresh satsumas and grapefruits were delivered to your school this week from a local farm in the panhandle of FL. Hope the students will enjoy :) Check out this T&T video on how to prepare and serve them.



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Highlights throughout the county



[Nassau Nutrition Christmas Food Drive Winner: Callahan Intermediate School!](#)

From Wendy- We challenged the students to bring in cans and win our Hot cocoa and cookie party contest We collected cans for eight days! Miss Clark our Assistant Principal went on the morning school news each day eating her chocolate chip cookies and drinking hot cocoa to entice the students to bring in more cans! there was a class winner from third fourth and fifth grades. The class winners were going to have their cookie and hot chocolate party On the 17th Miss Clark came to me and said we have a problem there is a tornado warning lockdown and the kids cannot come to The cafeteria for the party ☹️ The hot chocolate was already hot and the cookies were already baked so Mrs Clark and our school guardian took the party to the classes on the golf cart hooray everybody won! We collected over 600 cans for Nassau County Food Banks.





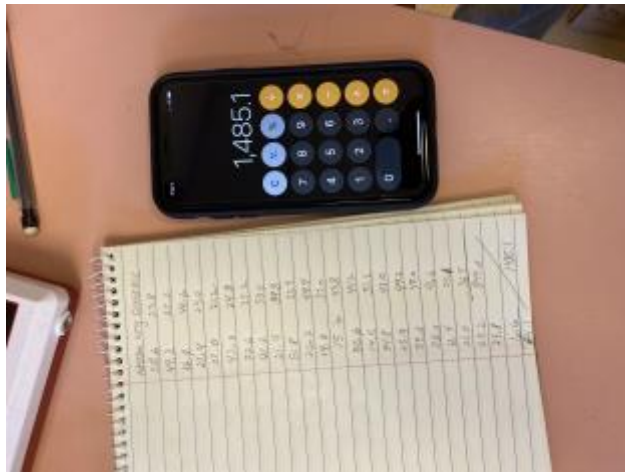
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1 - They promoted the challenge on the school morning announcements!

As a team, overall we donated over **1,500 pounds** of food for Nassau County food banks! GREAT JOB TEAM! It was a wonderful way to end our year and spread some Christmas cheer to families in our community. Amazing what we can do when we all work together for good!

2nd place was Callahan Elementary School!





Complaints/Solutions Process [CLICK HERE](#)

None to report this week.

Employee Recognition Program [CLICK HERE](#)

Someone you want to recognize for going above and beyond in our program? Click on the link above and tell us about it!

LEAD- lead, educate, advocate, develop



We will meet tomorrow January 8th to review the book study at Wildlight cafeteria from 3-4pm. If you did not read the book you are still WELCOME to come and join in on the discussions! It was a REALLY quick read so if you are still interested we have a few more copies and can get a copy to you! Its "Simple Solutions for Communication" and had a lot of really great content and I'm sure at least 1 take away for every person in the new year as we strive to always do better than last!

20 Tips for a Positive New Year from Jon Gordon. Here is the [link](#) to a poster version!

1. Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
2. Take a daily "Thank You Walk." You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.
3. Eat more foods that grow on trees and plants and less foods manufactured in plants.
4. Talk to yourself instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.
5. Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet," and neither should you! [Watch This](#).
6. Be a Positive Team Member. Being positive doesn't just make you better, it makes everyone around you better.
7. Don't chase success. Decide to make a difference and success will find you. [[Tweet This](#)]

8. Get more sleep. You can't replace sleep with a double latte.
9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.
10. Look for opportunities to [Love, Serve and Care](#). You don't have to be great to serve but you have to serve to be great.
11. Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.
12. Remember, there's no such thing as an [overnight success](#). Love the process and you'll love what the process produces.
13. Trust that everything happens for a reason and expect good things to come out of challenging experiences.
14. Implement the [No Complaining Rule](#). If you are complaining, you're not leading. [Download a free No Complaining Kit here.](#)
15. Read more books than you did in 2019. I happen to know of [a few good ones](#). :)
16. Don't seek happiness. Instead live with love, passion and purpose and happiness will find you.
17. Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
18. The next time you "fail" remember that it's not meant to define you. It's meant to refine you.
19. Smile and laugh more. They are natural anti-depressants.
20. Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

How will you make 2020 more positive? **Share ideas [here!](#)**

[Wellness/misc updates](#)

Here is a [link](#) to a list of upcoming fun runs in our area!

