

# 3 School Newsletter

*Cooper Landing, Hope, and Moose Pass Schools*

## A Note From Our Nurse

Why Is Protein Important?

I had recently attended a two-day intensive training in Nutrition for Mental Health Disorders such as anxiety, depression, and Post-Traumatic Stress Disorder to name a few. Dr. Allott is a national speaker and will be publishing a book on the information she gave us. It was a lot of information so in the next few months, I will be sharing some of that information. Her interventions are topics that I have discussed before ie sleep well, exercise and a balance diet for a healthier lifestyle. Often times, we tend to separate the body and the mind as if they were separate entities that do not influence the other. Ultimately, if we have poor physical health, we have poor mental health and visa versa.

Protein is important because it provides the building blocks for every cell in our bodies. It is the foundation for bones, muscles and tendons. Protein serves as a source for the structures that regulate your body such as neurotransmitters, cell receptors and enzymes.

Dr. Allott recommended **65 grams of protein daily**. She says try **eating protein every three hours for three days**. Breakfast, lunch and dinner should have a protein the size of a deck of cards if you eat meat. She recommended 3 snacks daily to make up the remainder of the 65 grams. If you look at a food label on a nutrigrain bar for example, it has 2 grams of protein.

Some of the benefits of eating protein are less fatigue, especially in the afternoons, more energy, hungry less often, better sleep, better and more stable moods, and higher metabolism from having more muscle mass.

Nurse Yoly

## Moose Pass School 2/24 - 2/28

**2/26** - School Forensics Competition Grades K-6- Family and Friends invited

**2/27** - Library Grades K-2

**2/28** - Library Grades 3-6

**2/29** - Forensics Competition 4th-6th Grades @ Tustumena Elementary 10AM

## Moose Pass School Upcoming Events

**Alyeska Ski Dates:**

March 3, 17, & 24 **See Information at the bottom of the page**

**3/6** - No School: In-Service/End of Quarter

**3/7 - 3/15** - Spring Break

**3/16** - Back to school for last quarter

**3/17** - Alyeska Ski Day

**3/18** - Early Release 1:45 PM

## Hope School 2/25 - 2/28

**2/25** - Alyeska Day!

**2/28** - Ice Fishing Field Trip at Grouse Lake

\*\*Please note, you will need to be a volunteer/sign an indemnification statement in order to be a chaperone on this trip.

Alyeska Ski Dates: 1/28, 2/4, 2/18, 2/25, 3/3 and 3/17, 3/24

## Hope School Upcoming Events

**3/6** - Inservice Day, NO SCHOOL

**3/9** - SPRING BREAK!

**3/10** - SPRING BREAK!

**3/11** - SPRING BREAK!

**3/12** - SPRING BREAK!

**3/13** - SPRING BREAK!

**3/16** - Back to school

**3/17** - Alyeska Day

**3/17** - St. Patty's Day Dinner PTO Fundraiser

**3/18** - Early Release Day, School ends 90 minutes early

**3/31** - PEAKs Testing begins

Please contact Tommy Gossard for more information on Chaperone Tickets and rentals  
[tgossard@kpbsd.k12.ak.us](mailto:tgossard@kpbsd.k12.ak.us)

## Cooper Landing School 2/24-2/28

**February 25** - Skiing at Alyeska

## Cooper Landing School Upcoming Events

**March 6** - In-Service - No school. Also end of 3rd quarter!

**March 9 - 13** - Spring Break

**March 18** - Early Release at 1:45

### Alyeska Ski Dates

**March 3, 17, 24**

## Cooper Landing Community School Activities

These activities are offered on days that school is in session:

Morning workout/lap walking: Monday – Friday, 7:45am – 8:45am

Tot Time: Monday, Wednesday, and Friday, 11 am – 12pm

Volleyball: Tuesday and Thursday, 6pm (adults only, please)

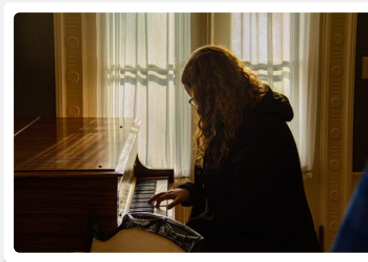
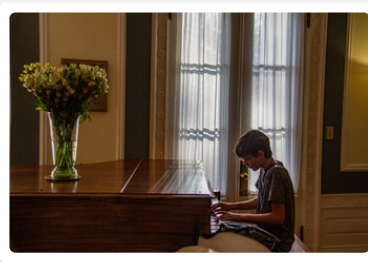
Additional activities are offered at the Community Hall.

More info at <https://clcommunityschool.webs.com/classesandevents.htm>

## Cooper Landing Lynx News

<https://cooperlandingschool.blogs.kpbsd.k12.ak.us/files/2020/01/February-Newsletter-for-Chamber.pdf>

### More pics from Juneau and Alaska Close Up



### Hope Middle and High on a XC Ski Mission Last Week

Molly, Jess and Ben H. took the bigs on a loop up Bear Creek and back down the forest service trails on Thursday. Good fun was had by all, and great ski turns were made



Alyeska Information.pdf

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442.2 KB

