

# Monday (Tuesday) Morning NEWSLETTER



## IMPORTANT DATES

The Pennsylvania Department of Education has released their annual PDE/PEAR's downloadable form of important dates for the 22/23 SY.

These dates extend from July 2022 to June 2023!

DATE	EVENT
<b>JULY 2022</b>	<ul style="list-style-type: none"> <li>Complete the required Annual Survey for the 2022-2023 School Year (Survey Link: <a href="#">Survey Link</a>)</li> <li>Complete and submit the 2022-2023 School Year Application Packet to the Pennsylvania Department of Education (PDE)</li> <li>For State Registration - SNAP operators can claim only <b>one month</b> prior to the original approval date of the PDE's Registration Packet</li> <li>Checklist for Annual Application for Title II Federal Title II to systems who are already certified</li> <li>Checklist for Annual Application for Title II Federal Title II to systems who are not already certified</li> <li>Checklist for Annual Application for Title II Federal Title II to systems who are not already certified</li> <li>Checklist for Annual Application for Title II Federal Title II to systems who are not already certified</li> </ul>
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Click to  
look at the  
dates and  
links!

## EARLY-BIRD DEADLINE ENDS JUNE 3!

Register today for the  
2022 SNAPA Annual  
Conference, July 25-28!  
Early-bird pricing ends  
June 3rd!



[REGISTER HERE!](#)

## PROPOSED BYLAW AMENDMENTS

VOTE NOW for proposed amendments to the bylaws of the School Nutrition Association of Pennsylvania. The SNAPA Board of Directors recommends amendments to Article IV, Section A and Article IV, Section B of the SNAPA bylaws in order to expand the opportunity for SNAPA members to engage in leadership roles in SNAPA.

Voting will close June 10th at midnight!

## WEBINAR WEDNESDAY

Miss any of the Webinar Wednesdays? Check them out on on-demand by clicking the images below!

**WEBINAR WEDNESDAYS**  
**Fun Summer Feeding with Potatoes**  
**ON-DEMAND AVAILABLE!**  
SPONSORED BY  
**Potatoes USA**

**SCHOOL NUTRITION ASSOCIATION OF PENNSYLVANIA**  
**BACK TO SCHOOL**  
**Transitional Standards for Milk, Whole Grains, & Sodium**  
**On-Demand Available!**  
IN PARTNERSHIP WITH  
**USDA**

## **AVIAN INFLUENZA**

Highly Pathogenic Avian Influenza (HPAI) has been confirmed in several commercial poultry operations across the United States and in Pennsylvania. HPAI has affected ducks, broilers, broiler breeders and layers. SNAPA is paying close attention to the potential impact HPAI could have on pricing and availability of poultry products for the coming school year. To read more about the most recent case of HPAI in Pennsylvania, [CLICK HERE](#).

## **#ANC22**

[Register](#) now for the first in person Annual National conference since 2019! From July 10-12, 2022, thousands of school nutrition professionals, industry partners and allies will gather in Orlando, Florida! Visit the new [#22ANC](#) website to learn more!



## **FEEDING A CROWD**

The Summer Meals Program requires that children eat their meals onsite under the congregate meal service requirement. Keeping children onsite to eat meals can be a challenge, but it doesn't have to be! This resource provides strategies to make congregate meal service easier for site staff and improve the experience for children and families.

Check out tips for [Congregate Meal Service here](#) and the [summer PROGRAM Toolkit here!](#)

## **IN THE NEWS**

- [Ending Hunger, Improving Nutrition and Physical Activity, and Reducing Diet-Related Diseases and Disparities](#)
- [Digital dietician developed at Penn State may help people make better choices](#)
- [Food scarcity hits home when schools close for summer](#)

## **THANK YOU SPONSORS**



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# Wellness Wheel for Self-Care

## Strategies for Frontline School Staff

Self-care is crucial for those directly serving our communities.

It is important to include healthy practices and activities in our daily schedules to support our physical health, build positive relationships and cope with stress.

The Wellness Wheel provides ideas and action steps for self-care that address five key areas of our overall well-being.

### Which aspect of self-care can you work on today?

#### Promoting your physical health.



- Eat foods that support your health, such as fruits, vegetables and whole grains.
- Engage in 30 minutes of movement each day.
- Try a quick meditation before bed to help you sleep better.
- Practice proper hygiene to protect yourself and others from illness.

#### Securing your finances.



- Try these cost-saving strategies while planning meals at home.
- Cook meals at home instead of ordering out when possible.
  - Use a journal to achieve short-term and long-term spending goals.



#### Spending time in a way that reflects your personal values.



- Create a gratitude journal and write one thing you are grateful for each day.
- Share ideas and feedback with colleagues to foster positive work culture.
- Spend time doing something you enjoy, such as crafting or learning a new skill.

#### Maintaining quality connections with others.



- Call or video chat with a friend.
- Send a postcard or letter to a loved one.
- Watch a movie with friends or loved ones virtually.

#### Feeling a sense of belonging and pride.



- Try bonding activities like playing games or creating art with others.
- Remind yourself and your colleagues of the importance of the work you do daily.
- Engage with the communities you serve by making personal connections whenever possible.

#### Quick tip:

**A success buddy can help you stay accountable. Who will be your success buddy?**