

Words of Wellness

June 2015

SUMMER FUN

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It is almost summer! As the last few weeks of class come to an end, and the feel of warm sunshine starts to come into your classroom, it is a perfect time to plan for a summer of fun! In this addition, we have some great ideas of activities to do in New Brunswick this summer and some tips on how to make sure you use this time to relax and unwind! Summer is your vacation, and you have earned!!! We hope that you find these tips useful, and please feel visit the websites for more information! Have fun!



Refreshing Watermelon Salad

What You Need

- 3 cups chopped watermelon (3/4-inch chunks)
- 1 cup chopped cucumbers (1/4-inch chunks)
- ½ cup crumbled Crumbled Feta Cheese
- 2 Tbsp. chopped fresh mint

COMBINE ingredients. **Note:** Instead of buying a whole watermelon to get the 3 cups chunks needed to prepare this recipe, you can purchase either a miniature watermelon or pre-cut watermelon pieces from your supermarket. Look for cucumbers that are dark green and firm; small bumps on the skin is normal.

How to Enjoy Summer – 5 tips to make sure you make the most out of your vacation!!

<http://www.pearsonschoolsystems.com/blog/?p=1011#sthash.MqC9qvy2.dpbs>

Get outside. Teachers spend so much time indoors that sunlight can feel like a foreign substance. Have a picnic at the park with friends and family. Take up canoeing. Go camping. Drink your morning coffee on the back patio. Soak up your vitamin D while you've got the chance!

Read for fun. Ignore those professional development books for a bit and pick up something light and fun, or heavy and historical, or whatever– just as long as you read for leisure!

Travel. The school year leaves little time for getting away from it all, so now is your chance! It doesn't have to be anything fancy– even a day trip can be hugely restorative. But a week on a beach sounds pretty good too!

Reconnect. It's easy to lose touch with friends and family during the school year. Why not use the summer to reconnect? Make a long phone call, or schedule a time to video chat. Meet up for lunch or a weekend away. Declare one week “media-free” and spend real quality time with a special someone.

Bake. Yes, (we) said bake. There is something rejuvenating about turning on some tunes and whipping out a recipe that has collected dust. Now that you have no papers to grade at night, go make something that will appeal to your senses. It will not only smell delicious, but taste delightful!



10 Quirky Festivals You'll Only Find in New Brunswick

- <http://www.tourismnewbrunswick.ca/NBInsider/Stories/2015/QuirkyNBFestivals.aspx>

Looking for a festival to enjoy this summer! The following 10 festivals can only be found in New Brunswick! Find out about them, and the many other festivals in your community, at www.tourismnewbrunswick.ca

1. Fiddles on the Tobique (June 26 - 28)
2. Feels Good Folly Fest (June 26 - 28)
3. Campbellton Salmon Festival (June 26 - July 5)
4. Shediac Lobster Festival (July 8 - 12)
5. Provincial Peat Moss Festival (July 19-26)
6. La Foire Brayonne (July 29 - August 2)
7. SappyFest (July 31 - August 2)
8. Chocolate Festival (August 1 - 8)
9. Dieppe Kite International Festival (August 12 - 16)
10. Tintamarre (August 15)

