



MARCH 2018 PS15 PTA WELLNESS NEWSLETTER

Spring is in the air with the March equinox on the 20th of this month. That means longer daylight hours, bulbs springing up from the ground and warmer weather. A reminder that we would love to hear from you regarding family recipes that you would like to share with us. It's always fun to try new flavors and learn new ways to revive an old recipe. You can find our wellness page with archived newsletters on the school's website: <http://www.ps15.org/wellness.html>



On the calendar this month:

- Saturdays at @ 10 am: Shape Up NYC Free Full Body Cardio Sculpt at the Red Hook Rec Center, 155 Bay St.
- NYC DOE 2018 School Wellness Campaign Contest due March 19th. Students K-12 have the chance to create a campaign or public service announcement about a health or wellness issue they care about. Please contact Stefanie Devic if interested in collaborating: stefaniedevic@gmail.com
- March 9th @ 5:30pm is Pajama Movie Night featuring Coco in the auditorium. Wellness Committee will provide healthy snacks & food.
- Beginning March 3rd-onward @ noon-1pm, Bird Watching in Prospect Park brought to you by the Prospect Park Audubon Center. <https://www.prospectpark.org/visit-the-park/things-to-do/birdwatching/>
- March 20th Street Soccer USA Spring Season starts Tuesdays, Thursdays & Saturdays at kids field on Lorraine & Clinton Street. Time: tbd
- Beginning March 9th PlaySpace @ Brooklyn Arts Exchange from 9:30am-11:30am. Explore tunnels, dance with colorful scarves and create funky rhythms. Children can bring special toys, books and comfort items. Playspace is a peanut free environment. \$10 drop-in per family. <https://achildgrows.com/event/playspace-bax-brooklyn-arts-exchange-park-slope-3/2018-03-09/>
- March 22nd is our next Wellness Meeting @ 8:15am. Location tbd.

EAT THE RAINBOW: GREEN Zucchini, String, Spinach, Asparagus, Celery, Avocado



Eating these delicious veggies gives you lots of fiber, vitamin C that helps fight colds, vitamin K keeps your bones strong, vitamin A for healthy eyes & heart, and vitamin B6 aids in a healthy nervous system. Avocado is a dense fruit that contains roughly 20 vitamins & minerals. It is famously used to make guacamole, but also good as a substitute in creamy chocolate desserts.

March Recipe: Edamame Basil Hummus by Sarah Baloch

Ingredients:

2 cups shelled edamame
2/3 cups garbanzo beans (chick peas) drained and rinsed
3 garlic cloves
½ cup fresh basil leaves
¼ cup lemon juice
½ tsp salt
¼ tsp pepper
2/3 cup olive oil
Chips, crackers or veggies for serving

Directions:

1. Blend the chick peas, edamame, garlic, basil, lemon juice, salt & pepper in food processor.
2. Slowly pour the olive oil through the feed tube while the processor is on.
3. Process until smooth and well blended.
4. Add salt & pepper to taste
5. Scoop into a bowl and enjoy with crackers, veggies or plain.