

PS
15

Wellness Newsletter

www.ps15k.org/wellness | PTA Wellness Committee Co-Chairs Stefanie Devic & Margaret Taddy

Wellness Meetings

Our next Wellness Committee meeting is Thursday, October 25th at 8:15AM in the Teacher's Cafeteria. Please stop by and say hello. We'd love to hear your ideas! If you can't make it, we'll meet again at 8:15AM on Thursday, November 29th.

Bulletin Board

Check out our bulletin board next to the cafeteria! Wellness news, education and event info will be updated there monthly.

Join Our Group

Add your email address to our Google Group. For more information, and to see back issues of our newsletter, go to our website at www.ps15k.org/wellness.

Community Events

Shape Up NYC Cardio Sculpt Group Fitness Class, Saturdays at 10AM, Red Hook Recreation Center, 155 Bay St. Bring water and a towel.

Red Hook CARES Wellness Group, Thursdays from 5-7PM, Red Hook Community Justice Center's Neighborhood Office, 135 Richards St. Apt. 1D. Contact Daniella (917) 328-7709 or dacker@nyccourts.gov to secure your spot. Metrocards and snacks provided.

Get Moving Free Dance Workshop, Tuesdays from 6-8PM, Red Hook Community Justice Center, 88 Visitation Pl.

Welcome to the P.S. 15 Wellness Community!

We are a community of parents, teachers, administrators and staff dedicated to making health and well-being a top priority in our school. School Wellness is all-encompassing, including health education, food and nutrition, physical education and sustainability. We believe that teaching young children healthy choices is something they will carry with them for the rest of their lives.

Goals for the 2018/2019 School Year

Physical Education:

- Organize a spring health walk as an opportunity for our students and their families to understand the health benefits of walking.

Health Education:

- Share health information as part of a "Wellness Wake Up Call" during each morning announcement over the loudspeaker.
- Provide health and nutrition curriculum guidance to all teachers in grades K-5.

Food:

- Educate our school community on the benefits of a "no candy/no soda" cafeteria policy, with a focus on information regarding high-sugar and nutrition-deficient foods and how they affect learning and development.
- Establish a school-wide healthy snack policy by the end of the school year.

MightyNest Fundraiser

We've partnered with MightyNest to raise money for our school!

MightyNest is a unique website that provides you the ability to research, get advice and buy natural, organic and non-toxic products all in one place. When you become a MightyNest member, part of every purchase can be donated to P.S. 15 Patrick F. Daly. It's a win/win for our school and your family, so share this link to participate:

<https://mightynest.com/schools/ny/brooklyn/ps-15-patrick-f-daly>

For \$10 a month, you can also subscribe to the MightyFix. Every month, you'll receive one amazing product that helps you live better, and it ships free! For a limited time, try your first month for only \$5 when you sign up. Use code SCHOOLFIX5 at checkout.

Have a Healthy Halloween!

Enjoy those Halloween treats without going overboard:

- ★ Let kids pick their favorites and give away the rest.
- ★ Have a few pieces of candy a day, either as dessert after a meal or as a snack with other food.
- ★ Keep candy in a tall kitchen cupboard, out of sight, out of mind, not out on the counter for all to grab and eat mindlessly.
- ★ Focus on making healthy food choices rather than controlling weight.
- ★ Use Halloween as an opportunity for all members of the family to practice the same balanced food habits.



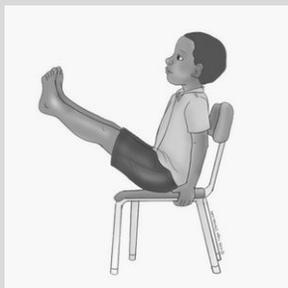
Yoga in the Classroom: Chair Poses for Kids

Practice these yoga poses to stretch your body after sitting for a long time or to energize your mind for learning. They can be used in the classroom during transitions, movement breaks or when a new topic is introduced. For more ideas, check out Kids Yoga Stories www.kidsyogastories.com/chair-yoga-poses.



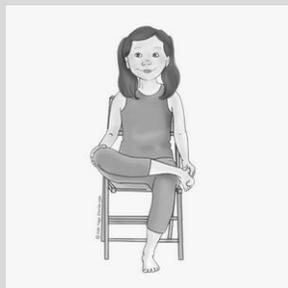
SEATED TWIST

Sit upright in your chair. Check that your spine is straight and your feet are flat on the ground. Twist your upper body to the right. Take your left hand to your right knee and your right hand back behind the chair. Repeat on the other side.



BOAT POSE

Balance on your buttocks with your arms and legs straight out in front of you in a V shape, grasping the sides of the chair for balance. Keep a straight spine and open chest.



PIGEON POSE

Sit tall with your feet flat on the ground. Bend your right leg and place your right ankle on your left knee. Place your left hand on your right foot and your right hand on your right knee. Switch sides and repeat the steps.



CAT POSE

From a sitting position with your feet flat on the ground, round your back and tuck your chin into your chest, stretching your back. Return to your starting position, then repeat.

Super Healthy Kids: Sweet Spinach Muffins

Got a picky eater? These kid-favorite muffins are 100% whole wheat, refined-sugar-free and packed with fresh spinach! You can find pictures and detailed instructions, as well as more healthy recipes at Super Healthy Kids www.superhealthykids.com/sweet-spinach-muffins.

DRY INGREDIENTS

- 2 cups whole wheat flour
- 1 ½ teaspoons cinnamon
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt

WET INGREDIENTS

- ¾ cup milk
- ½ cup honey
- 1 large banana
- 6 ounces spinach
- ½ cup unsalted butter
- 1 large egg
- 1 teaspoon vanilla extract

DIRECTIONS (Makes 18 standard muffins)

1. Preheat oven to 350°F and line a muffin pan with paper liners.
2. Combine all dry ingredients in a large mixing bowl.
3. Melt butter. Blend the wet ingredients in a blender or food processor until completely pureed.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. Do not over mix.
5. Spoon the batter into the muffin pan and bake for 18-22 minutes or until the muffins are firm to the touch on top but not quite browning.
6. Cool most or all of the way before serving.