

PS
15

Wellness Newsletter

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

FREE Fresh Fruit!

We are pleased to announce that P.S. 15 has partnered with the Fresh Fruit and Vegetable Program (FFVP) to provide fresh fruit to all of our students! Every Tuesday and Thursday from 1:35 to 2:15PM, students are invited to pick up a healthy snack in Room 111 or 211. Please encourage your children to take advantage of this wonderful opportunity.

Trouble Coping?

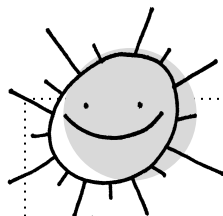
NYC Well is a FREE service that connects you or someone you care about to ongoing confidential mental health support. Counselors respond without judgement and are available 24/7 for problems like stress, depression, anxiety and drug or alcohol misuse. Call 888-NYCWELL/888-692-9355, text WELL to 65173 or chat at nyc.gov/nycwell.

School Health Center

P.S. 15 has a School-Based Health Center (SBHC) staffed by licensed professionals from NYU Langone Family Health Centers. The SBHC is located in Room 130 and is open during regular school hours. Most insurance is accepted, and there are no out-of-pocket costs. In-school health services include physicals, urgent care and immunizations, as well as mental/behavioral health counseling. Parents need to complete a consent form in order for their child to receive services. For more information, call 718-522-0682, visit Room 130 or go to nyulangone.org/familyhealthcenters.

Welcome to the P.S. 15 Wellness Community

We are a community of parents, students, teachers, administrators and staff dedicated to making health and well-being a top priority in our school. School Wellness includes health education, food and nutrition, physical education and sustainability. We believe that teaching our children to make healthy lifestyle choices gives them the best chance for success in life.



We Need Your Ideas!

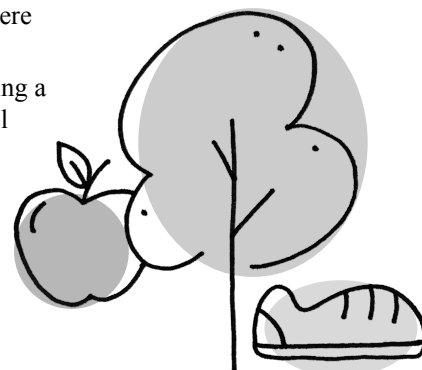
What do you think we should work on this year? More gardening, less sweets in the classroom, better health education, cooking classes? Wellness includes all of these things. Suggestions from parents, teachers and students are always welcome.

Send your thoughts to stefaniedevic@gmail.com, and check out back issues of our newsletter at ps15k.org/wellness. Want to learn more about what we do? Come to one of our upcoming meetings on Thursday, November 21st and December 12th at 8:15AM.

2019-20 Wellness Goals

P.S. 15 just received a \$1000 grant from the Department of Education's Office of School Wellness! This year, we'll be using that money to accomplish 3 important goals:

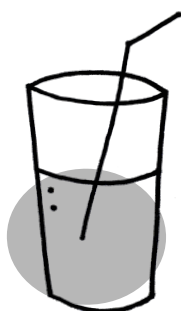
1. **Golden Sneaker Initiative:** For the 2019-2020 school year, students will be encouraged to wear sneakers to PE class. Classes will be rewarded monthly with a Golden Sneaker sticker highlighting their class number, which will be posted on the Golden Sneaker Wall of Fame.
2. **Growth and Development Education:** As part of a comprehensive health education, teachers in grades 4 and 5 will use the HealthSmart Curriculum purchased last year to focus on puberty education in the classroom. We will also purchase health and wellness books for each classroom to be included in the Diversity & Social Justice Book Bins that were established last year at P.S.15.
3. **Healthy Snack Policy:** We will aim at creating a healthy eating environment across the school by writing our first wellness policy, which the school currently lacks. Healthy snacks will be encouraged, both in school and at home. Our goal is to provide information that will encourage kids and their families to make healthy food choices.



Chocolate Milk: Learn the Facts

Children who drink chocolate milk twice a day consume about 80 grams of added sugar each week. This is more than six pounds of sugar per child each school year!

- In NYC, 40% of elementary school children are overweight or obese.
- Consuming too many added sugars increases the risk of childhood obesity, which can lead to heart disease, diabetes and certain types of cancer throughout a lifetime.
- The World Health Organization recommends that fewer than 5% of a child's daily calories come from added sugars. For a 7-year-old child that means one carton of chocolate milk accounts for half the daily limit of sugar.
 - Children entering elementary school are already used to drinking plain milk, because all licensed NYC group child care centers and Head Start programs are required to serve only plain, low-fat milk to children 2 years and older.
 - Children can get enough calcium from a variety of other sources found in school meals, such as cheese, yogurt, tofu, spinach and collard greens.
 - Many NYC schools have already stopped serving chocolate milk with the support of parents.



Learn more at nyc.gov/health.

Healthy Ideas for School Lunches and Classroom Snacks

Need some healthy snack ideas? We've got you covered! These super-easy, kid-friendly snacks are perfect for families on the go. If you have a picky eater, get your kid to help. Give them a few healthy options to choose from, and have them help you get it ready. They're more likely to eat something they've prepared themselves.

- Whole wheat Goldfish crackers or pretzels
- Fresh fruit, such as grapes, apple slices, bananas, berries and oranges
- Babybel cheese wheels, string cheese sticks or pre-cut cheese slices
- Carrot sticks with hummus cup and pita chips
- Natural fruit roll-up or other dried fruit, such as raisins and apricots
- Yogurt and granola
- Trail mix (combine small whole wheat crackers, pretzels, raisins/craisins, pumpkin/sunflower seeds and/or chocolate chips)
- Unsweetened applesauce cup
- Cheese-and-cracker sandwiches with cherry tomatoes
- Granola bars
- Cottage cheese cups and apple chips
- Guacamole and plantain chips
- Ham-and-cheese or turkey-and-cheese wrap
- Celery sticks filled with cream cheese or nut butter
- Mild salsa and tortilla chips
- Graham crackers
- Brown rice cakes with nut butter
- Popcorn with different seasonings and/or toppings
- Snap pea crisps
- Peanuts, almonds, hazelnuts, cashews or walnuts (best for children over 4)

Sign Our Petition!

We recently started a petition for our children to "Drink Less Sugar" by eliminating chocolate milk from all school meals. It will be available in the school Lobby during Parent Teacher Conferences on Thursday, November 14th, as well as at the following events:

- Family Game Night 11/15
- PTA Meeting 11/20
- Wellness Meeting 11/21

Please take a few minutes to add your name to this important cause. Thank you!

FREE Fitness Classes

Shape Up NYC offers drop-in Cardio Sculpt fitness classes every Saturday at 10AM at the Red Hook Recreation Center, 155 Bay Street. For more information, call 718-722-3211 or go to

nycgovparks.org/programs/recreation/shape-up-nyc.

Adult Dance Classes

Cora Dance offers pay-what-you-can classes for adults, as well as children and teens. They have a weekly schedule of Ballet, Hip Hop, Modern, Tap, Urban Step, Vinyasa Yoga and West African Dance. Details can be found at coradance.org/school/info. Registration remains open through March 1st, 2020. To register, contact Programs Administrator Katherine Sing at ksing@coradance.org, call the office at 718-858-2520 or stop by Cora Dance at 358 Van Brunt Street.

Wellness Volunteers

We are looking for some volunteers to help us with our quarterly newsletter. If you have any design experience or would like to write an article or do some research, contact stefaniedevic@gmail.com. We also need help planning our Spring Wellness Fair. Last year's fair was a great success thanks to help from parents like you. Let's do it again!