

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, February 28th at 8:15AM in the Teacher's Cafeteria. Please come and see what we've been up to! If you can't make it, we'll meet again at 8:15AM on Thursday, March 28th.

Healthy School Food

Interested in improving the food served in NYC schools? NYC Healthy School Food Alliance is a grass-roots parent-fueled initiative working with the office of Borough President Eric Adams to revamp school food. Learn more about their work at www.nychealthyschoolfoodalliance.com or look for them on Facebook. Their next Parent Action Meeting is on February 12th at 9am in the Brooklyn Borough Hall Conference Room.

Wellness Week

Save the date for Wellness Week this spring, May 13-17. A Wellness Fair will be held in the schoolyard on Saturday, May 18th. More info to follow.

Join Our Group

Stay up to date on all things Wellness! 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.

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. It includes 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.

Good News for Our School!

We are proud to announce that P.S. 15 was awarded a \$1000 grant from the NYC Department of Education's Office of School Wellness! These funds will be used to enhance the wellness curriculum at our school, including:

- Lesson materials from HealthSmart, a comprehensive health education program, that will give children the knowledge and skills to make healthy choices and establish life-long healthy behaviors
- Basketballs and soccer balls to enhance Mr. Fox's Physical Education classes

Win a \$25 Fairway Gift Card

Did you know the Department of Education offers a free, healthier Alternative School Lunch Menu to schools that request it?

We want to know your thoughts! Keep an eye out for our School Lunch Survey being sent home in your child's backpack. Complete and return it to the PTA by Friday, February 15th for the chance to win a \$25 Fairway gift card. For more information, you can find our current Lunch Menu, as well as the Alternative Menu here:

<http://www.schoolfoodnyc.org/schoolfood/MenusDailyDisplay.aspx>

Are You Ready for Your Best Sleep Tonight?

Regular schedules and bedtime routines create good sleep habits that set up kids for a good night's rest. Better sleep leads to improvements in health, well-being and academic achievement. Help your kids to get the sleep they need to feel well rested and refreshed.

Snooze To-Do Checklist:

- ☞ **Create a quiet, comfortable sleeping space without distractions.** You should have the ability to make it dark. Remove all technology (phone, TV, laptop) from space.
- ☞ **Do things throughout the day that support healthy sleep.** Go to bed at the same time each night, and wake up the same time each morning, even on weekends. Be physically active, go outside every day and avoid caffeine.
- ☞ **Prepare for healthy sleep.** 1-2 hours before bed, dim the lights, put away devices, have a small snack and bring the temperature down.
- ☞ **At bedtime, start a wind-down routine.** Read a book, listen to music, take a bath, meditate or do some light yoga. Turn on some white noise or a fan, grab your favorite stuffed animal, blanket or pillow, close the curtains and turn off the lights. Sweet dreams!

Meet MyPlate and the Five Food Groups

A healthy, balanced meal includes foods from each food group: **Fruits, Vegetables, Grains, Dairy** and **Protein**. MyPlate is a simple image that can help make sure your family is getting all of the nutrients they need every day to prevent disease and stay healthy. Balance your family's meals with a variety of food groups and plenty of water. When eating out, choose water instead of sugary drinks and think about smaller portions.

Choose foods that look closer to the way they look in nature. These foods are **Go! Foods** that keep our bodies going. **Whoa! Foods** are higher in fat, sugar and salt and should be eaten less often and in smaller

amounts. Try choosing processed foods less often and purchasing the ingredients to make your own, healthier dishes.

Eating balanced meals that include the five food groups gives your family the most nutrients. Aim for at least three food groups at every meal. Check out ChooseMyPlate.gov for recipe ideas, current dietary guidelines and more tips on healthy eating.



CookShop for Families: Veggie Wraps

Cooking meals with your child helps them learn healthy eating behaviors and the concept of a healthy meal. Start with this simple, affordable recipe from our first CookShop for Families workshop.

INGREDIENTS

- 2 15-ounce cans white beans
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 package whole wheat tortillas
- 1 lemon
- 2 cloves garlic
- 1 red apple
- 1 cucumber
- 4 cups romaine lettuce

ADULT PREP: Prepare ingredients and supplies

1. Wash hands and all produce.
2. Open can of white beans. Pour into colander and rinse thoroughly. Transfer to large mixing bowl.
3. Remove skin from garlic. Cut into small pieces.
4. Cut lemon in half.
5. Cut apple into quarters. Remove core and seeds. Remove ends from cucumber. Cut apple and cucumber into small pieces.

CHILD INSTRUCTIONS: Under adult supervision and guidance

6. Wash hands.
7. Squeeze juice from lemon onto beans.
8. Add olive oil, garlic, salt and black pepper to bean mixture. Mash until thoroughly combined.
9. Remove lettuce leaves from head and pat dry. Tear into small pieces.
10. Spread bean mash on tortilla. Sprinkle fruit and vegetables on top. Roll and cut into slices. Serve with a glass of water and enjoy!

CookShop for Families

Learn more about choosing healthy foods for your family. Workshops meet at 8:30AM on 2/26, 3/26, 4/9 and 5/14. Prepare a simple, healthy recipe using fresh, affordable ingredients. To sign up, contact our Parent Coordinator, Melissa Johnson mjohnson98@schools.nyc.gov or call (347) 267-4169.

Community Events

Free Adult Fitness Classes
Every 1st and 3rd Thursday, 6:30-7PM, Red Hook Library, 7 Wolcott St. UNBOUND Fitness by Miranda. Good music! Good people! Positive energy! For all fitness levels! No registration required.

Free Drop-In Fitness Classes with Shape Up NYC
Cardio Sculpt, Saturdays 10AM
Zumba, Mondays 11AM
Red Hook Recreation Center, 155 Bay St. (718) 722-3211
For more info: www.nycgovparks.org/programs/recreation/shape-up-nyc

Red Hook CARES Wellness Support Group, Thursdays 5-7PM starting February 28th, Red Hook Community Justice Center, 88 Visitation Pl. Learn coping strategies for dealing with stress, ways of relaxing and taking care of yourself, and focus on healing and restoration. Dinner and MTA cards provided. Call Red Hook CARES at (347) 404-9017 to learn more.

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