

THE WELLNESS QUARTERLY:

Fall 2018

PS11'S HEALTH & WELLNESS NEWSLETTER

Welcome to the first issue of the Wellness Quarterly, PS11's Health & Wellness Newsletter! This newsletter will provide health and wellness tips for the whole family -- tips, tricks, and strategies for keeping minds and bodies healthy and strong. It will also highlight what's going on in PS11's garden, where students are engaged in hands-on lessons

about health and the environment.

PS11's wellness efforts

are led by the newly formed School Wellness Council (SWC). The SWC is comprised of parents, students, community members, school and department of education staff who work together to promote a

healthy school community. Our mission is to implement strategic policies that promote healthy eating, physical activity, and mental well-being for students, families and staff in a safe, inclusive and accessible environment. To do this, we need you! Feel free to contact us at ps11swc@gmail.com to get involved, or with questions or contributions for the quarterly newsletter. Here's to a great school year!

A MESSAGE FROM OUR PRINCIPAL

Welcome families!

Each year we look forward to an exciting and enriching learning experience for our students. This year I am especially excited about several of the initiatives planned by our various parent-led groups. During the preceding school year, these groups have worked tirelessly to help our administration plan and prepare for another stellar academic year. We hope that this newsletter will serve as a wonderful way of engaging and keeping you up to date on our "Whole School, Whole Community, Whole Child" approach to educating your precious children!



A few of the SWC members left to right: Coach Jabari, Jennifer, Erica, Anthony, Lesley, and Clara



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WHAT'S GROWING



With the help of parent volunteers over the summer break, the school garden has grown a rainbow of beautiful

vegetables and herbs, including carrots, squash, onions, jalapeño peppers, zucchini, basil, tomatoes, kale, chard and collard greens.



PS 11 is thrilled to be launching a new hands-on Saturday Culinary Arts class with Allergic to Salad for grades 3-5 as part of the Behan Arts Academy. Additionally, the SWC will host workshops and special events using our garden's delights (pictured above) all year long.

SEASONAL RECIPE

This fabulous fall recipe is brought to us courtesy of Allergic to Salad, our new nutrition education partner who will be providing hands-on cooking classes starting this fall as part of our Saturday Behan Academy.

APPLE COLESLAW

Serves 4

- 4 crisp apples, cored and grated (Granny Smith or Fuji recommended)
- 4 carrots, peeled and grated
- 2 cups grated green cabbage
- 1 cup cilantro, chopped
- ¼ cup mayonnaise
- ¼ cup apple cider vinegar
- 3 tablespoons honey
- 1 teaspoon Dijon mustard
- ½ teaspoon coarse sea salt



Combine the apple, carrot, cabbage, and cilantro in a large mixing bowl. In a separate small bowl, whisk to combine mayonnaise, apple cider vinegar, honey, mustard and salt. Add dressing over apple mixture and toss to combine.

For best flavor, refrigerate for at least 30 minutes before serving, and enjoy alongside your favorite grilled fish or meat.



4 TIPS TO STAY HEALTHY THIS FALL!

Get the flu shot! *Everyone* in your family over the age of 6 months should get the flu shot *every* year. They are covered by insurance and are available at your local pharmacy. *Flu shots cannot cause the flu!* If your child is allergic to eggs, talk with your doctor before they get vaccinated.



Wash, rinse, repeat! Most often, germs are spread by the hands, not through the air. Teach good hand washing habits to your children, and teach them to wash their hands frequently.



Cover your mouth when you sneeze - but not with your hands! Teach your kids to cough or sneeze into a tissue or, if a tissue isn't available, into their elbow. Coughing or sneezing into your hands actually *increases* the spread of germs, as those hands then touch other people or objects.



Getting others sick! Arranging last minute childcare can be challenging, but sending a sick child to school means getting other kids sick and prolonging the period of infection for all! The rule of thumb is 24 hours with no fever, vomiting, or diarrhea before returning to school.



Courtesy of PS11 parent and pediatric ER doctor, Camille Scribner

KIDS CORNER THERE'S SUGAR IN MY PIZZA????!!



To kick off our spring wellness initiatives, we brought in Pure Food Kids, an exciting initiative from the Beecher's Foundation, to run a three hour hands-on cooking workshop. Students made a delicious vegetarian chili, and learned about making healthier food choices and how to read nutrition labels. But, the highlight of the workshop for most students was learning about what companies *don't* have to put on their labels. Students were surprised to learn all the clever ways that companies hide the sugar content in their products, and had pretty strong sentiments on the matter! See what a few of our students had to say:

"Americans are eating 150 lbs of sugar per year. That's disgusting!"

"Food companies can put a picture of strawberries on the package, but then you look at the ingredients on the back and there're no strawberries in it. It's false advertising! They're earning money off of lying to us!"

"I want to rebel against them and start my own food company!"

"I don't think I'm going to drink Gatorade anymore...it has 52 grams of sugar!"

MIND-BODY EXERCISES

Be Good and Kind to Your Body and Your Mind!

Two important times to *reset, rejuvenate* and *release* are in the morning, when we first become conscious, and at night, when we are shutting our eyes on another day. Simply being aware of our own thoughts and intentions can be one of the greatest opportunities for mind and body healing. Don't have time to make it to the gym, practice yoga, or write in your journal? You *do* have time to breathe. The practice of taking three deep breaths while consciously working to slow your thoughts is a powerful way to get your mind and body back on track.

This practice can also help out at more hectic times of the day, when your thoughts are scrambled or when you're feeling stuck or stressed. Share your breathing practice with your kids, and try adding a simple positive affirmation: you are exactly where you are meant to be right here right now.

Courtesy of SWC member and PS11 parent Clara Moore, President of radianthealthandwellnessinc.com.

CALENDAR

OCTOBER 3

10AM in the School Garden
Project Learning Garden and
Dole Foods Media Event

OCTOBER 4

5:30PM in the School Library
SWC Meeting

OCTOBER 11

6PM in the School Auditorium
Parent Workshop: Learning &
Leading with Habits of the Mind.

OCTOBER 23

11AM in the School Cafeteria
Garden to Cafe Tasting by
Grow to Learn NYC

NOVEMBER 8

5:30PM in the School Library
SWC Meeting

NOVEMBER 30

6:30PM in the School Gym
"Get Off Your Apps": FREE family
fun night with cooking &
physical activities.

WELLNESS WEDNESDAYS

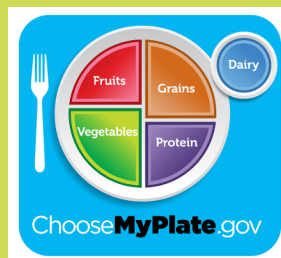
**Our monthly themed school wide
topics on healthy living ▶▶▶▶▶▶**

HIGH FIVE US IN THE HALLS!

2018-2019 SWC Members include:

Joshua Bloodsworth, Ila Dayananda, Lesley Duval*, Disera Freeman, Andrew Goodman, Abidemi Hope, Jennifer Jaffe, Iris Masoller, Clara Moore, Carrie Nathaniel, Anthony Padgett, Erica Phillips*, and Jabari Smith

*council co-chairs



SEPTEMBER

Choose foods from all five food groups so you can grow strong, stay healthy, think well in class and play hard at recess.



OCTOBER

Yogurt makes a yummy snack and counts as one of the three servings of dairy foods we need to eat every day.



NOVEMBER

Vegetables come in many colors and textures. Eating at least two servings every day can help you and your family stay healthy.