

THE WELLNESS QUARTERLY:

Fall 2019 : Issue 4

PS11'S HEALTH & WELLNESS NEWSLETTER

Welcome to the Fall 2019 issue of the Wellness Quarterly, PS11's Health & Wellness Newsletter! In addition to providing updates on school wellness initiatives, kid-friendly seasonal recipes, and health & fitness tips for the whole family, you will find updates on various components of our agriculture and life science curriculum.



New York City's public education system includes

approximately 1,600 schools. In 2011 there were fewer than 300 school gardens. Study after study has demonstrated the correlation between school gardens and academic success: gardens connect children to the natural world, provide hands-on STEM learning opportunities, instill environmental stewardship, transform children's

food attitudes and habits, and increase physical activity. Today, the number of school gardens in NYC has more than doubled to nearly 800! And in our own backyard, PS11's dedicated parent volunteers have spent the past 3 years transforming the school's once under-utilized garden space into a space for academic learning. Come out and join us for our monthly "Garden Up and Clean Up" days.



A MESSAGE FROM OUR PRINCIPAL

Welcome back families. We are off to another exciting school year with several new initiatives to share with you. Over the summer we transformed our former library into a hydroponics lab to enhance our agriculture and life science program. In addition we made great progress on the first phase of our garden re-design.

It takes a village to offer an ambitious curriculum accompanied by robust enrichment programs. Thank you for being a dedicated group of parents, siblings, grandparents, aunts, uncles, cousins, neighbors and friends to PS 11.

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WHAT'S GROWING

With the help of parent volunteers over the summer break, the school garden has sprouted a surplus of vibrant produce! Our garden has been bursting with beautiful eggplant, hearty potatoes, sweet baby corn, squash, lavender, four varieties of tomatoes, ginger, cippolini onions, broccoli, and string beans. Feast your eyes on this!



SEASONAL RECIPE

Sure, *some* kids gladly eat all their vegetables -- but for the rest of us, it's a daily struggle to convince our picky eaters to eat anything green. Here's a clever way of sneaking more power-packed green leafy vegetables into every day recipes -- it's a trick *and* a treat the whole family will enjoy.

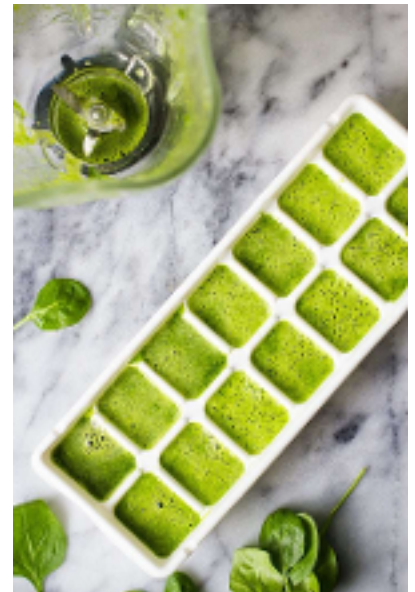
MAGIC DISAPPEARING GREEN CUBES

What you'll need:

- several ice cube trays
- a food processor or blender
- 1-3 cans of white cannelli beans (optional)
- a few lemons
- a dozen or more packages or bunches of washed dark leafy greens (spinach, kale, swiss or rainbow chard, bok choy, collard greens, etc.)

Remove large stems from the greens. Steam in small bunches until the leaves are completely wilted. . Place drained greens into food processor with a squeeze of lemon and a handful of white beans (optional, they just add a dash of protein). Puree until completely smooth, then fill ice cube trays with mixture and freeze.

Once frozen, you can pop a couple of these green cubes into pretty much anything you're making to pack a super green punch: add them frozen into smoothies, pasta sauces, plain rice, etc; or melt them first (microwave for 60 seconds) and fold them into your favorite muffin, pancake, or banana bread mix. (Yes, they turn muffins a bit green, but most kids are willing to forgive the color if you add in some extra chocolate chips...)



AGRICULTURE & LIFE SCIENCE



KIDS CORNER GARDEN TO CAFE

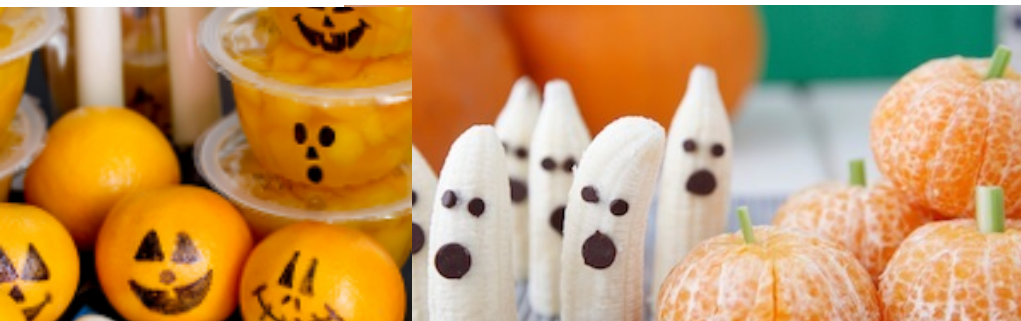


Garden to Café Day comes to PS11 courtesy of the NYC Department of Education, Grow NYC, the NYS Department of Agriculture & Markets, and the NYC Department of Parks & Recreation, Green Thumb. The program connects local farms to school meals through lunchtime educational activities. The purpose is to increase students' consumption of fresh fruit and vegetables and their knowledge of healthful foods, farming and the local food system. This year's tasting freshly prepared by PS 11's kitchen staff under the direction of Chef Dorothy Ferrante, assisted by a handful of PS 11 family volunteers, was gone in the blink of an eye. No leftovers...to be found! Our students enjoyed roasted red grape tomatoes with an arugula and spinach salad, crunchy rainbow carrots and baked yellow peaches with brown sugar. *GTC Day September 26, 2019*

HEALTHY HALLOWEEN!

Oh, the endless bags of Halloween candy! Having sugary treats in moderation is fine, but why not swap the sugar comas and cavities for a more memorable holiday experience?

- ▶ Focus on the arts and crafts! Decorate pumpkins, make your own spooky masks, and become the envy of Instagram.
- ▶ Ever heard of the Switch Witch? A distant relative of the Tooth Fairy, she visits houses late on Halloween night and swaps bags of uneaten candy for cash or special toys... (Yes, this actually works!)
- ▶ Or better yet, get your kid into the giving spirit by donating excess candy to one of the many organizations that donate treats to troops overseas. Just check online for a nearby drop-off location.



CALENDAR

OCTOBER 19

10am Garden Green Up and Clean Up ! Join us in the upkeep of our learning garden

OCTOBER 25

8:30 AM in the School Cafeteria School Wellness Council Meeting

NOVEMBER 7

5 PM in Talking About Race with your children Part II. A continuation of our Spring 2019 parent workshop . Registration required.

NOVEMBER 22

6:30PM School Wide "Get Off Your Apps": FREE family fun night with cooking class & physical activities. Class sign up begins 11/4.

WELLNESS WEDNESDAYS

Family themed ideas ▶▶▶▶▶▶

Want to highlight a cool wellness activity that your child's class is doing?

Interested in writing an article or featuring your favorite recipe?

The editorial team of the PS11 Health and Wellness Quarterly welcomes your submissions. Email us at ps11swc@gmail.com with your ideas.

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS @ NEW YORK BOTANICAL GARDENS

Wednesdays, Saturdays & Sundays; May 1, 2019–November 3, 2019

2 – 2:30 p.m., 4 – 4:30 p.m.

Cooking demonstrations, presented by Whole Foods Market®, encourage families to get hands-on with healthy cooking. New recipes featuring plants grown in the **Edible Academy** are offered each week. Edible Academy staff will demonstrate family-friendly recipes using seasonal vegetables, fruits, and herbs. Kids and adults alike will learn how garden-to-table cooking is not only nutritious, but fun, too..

For more information checkout www.nybg.org