

## PS 11'S HEALTH & WELLNESS NEWSLETTER

With Valentine's Day just around the corner, the school wellness council is dedicating this issue of the quarterly to matters of the heart. Did you know February is National Heart Health Month? Heart disease is the leading cause of death for men and women in the United States. During this special month at PS 11, we will be working to help students and families understand the importance of a healthy heart, as well as what actions they can take to live a heart-healthy life.



Our dedicated physical education coaches Mr. Padgett and Ms. Fullerton have kicked off the month with the Kids Heart Challenge, a service-learning program aimed at teaching kids the importance of heart-healthy habits while raising life-saving funds for the American Heart Association. Kids are encouraged to pledge physical fitness challenges, and the more money they raise, the more prizes they can earn. Be sure to register your child online by following the directions included in the red folders.

In the spring, our school will once again participate in the 13th annual Brooklyn PTA Fun Run/Walk in Prospect Park. Join our Red

### WALK/FUN RUN 5K AT PROSPECT PARK



Storm 5K challenge to receive special updates and training tips via email leading up to race day. No matter how you and your family choose to participate, we've got your heart covered.

### A MESSAGE FROM OUR PRINCIPAL

There is always so much going on at PS 11 it's even hard for the administration to keep up...but we would not have it any other way! This month's Kids Heart Challenge is another example of our school embracing the "Whole School, Whole Community, Whole Child" model. As educators it is our duty to educate students about the importance of being mentally, physically, emotionally and socially healthy. Learn more about our school's wellness policies at

<https://ps11brooklyn.org/parents#slt>

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# WHAT'S GROWING

Our Agricultural & Life Sciences department celebrated their first harvest from the new hydroponics lab. Students and staff got a chance to (literally) enjoy the fruits of their labor! Our first harvest included items like red butter salanova lettuce, wasabi mustard greens, hybrid kale, purple basil, and rainbow chard. What did our epicurean farmers have to say about their harvest salads?



*"I wish we could have salad just like this every day."*

*"This salad tastes so fresh! It's like it came from a farm."*

*"What do you mean we can't have seconds?!"*

*"I like the spicy leaves the best."*



# SEASONAL RECIPE

## CALLALOO CURRY

Who needs meat? This delicious vegetarian recipe is sure to please the whole family – just add roti! Allergic to Salad featured this recipe at this year's "Get off Your Apps Night". Hungry for more? Sign your kids up for more cooking classes through their after school program!

### Ingredients:

- 2 large sweet potatoes (cut into cubes)
- ¼ pumpkin or butternut squash (cut into cubes)
- ¼ onions (diced)
- 3 garlic cloves (chopped)
- 1 Jamaican scotch bonnet pepper
- 2 tbsp. curry powder
- 1tbsp. turmeric
- 1 tsp. paprika
- 1 tsp. all-purpose seasoning
- 1tsp. ginger
- 2 cups water
- 1 cup coconut milk
- 2 cups Callaloo\*
- 2 tbsp. olive oil



*\*Callaloo is a green leafy vegetable well known in the Caribbean . You can substitute with spinach if not available.*

### Procedure:

On high heat, add olive oil to your pot until it starts to sizzle. Add onions, garlic and scotch bonnet pepper and stir-fry for 2 min. Then add curry powder and cook for 2 more min. Add the pumpkin, sweet potatoes, and remaining spices, and stir as you add 2 cups water. Simmer for 10 min. Add coconut milk and callaloo and cook for 20 min on medium heat until potatoes are tender. Serve with basmati rice, roti, or naan.

# TIPS TO STAY HEALTHY THIS WINTER!



**It's not too late to get the flu shot!** This has been one of the worst flu years in recent history. Protect yourself and our community by making sure *everyone* in your family over the age of 6 months gets 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.



**Stay home when 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.

## KIDS CORNER RISING NEW YORK ROAD RUNNERS

Rising New York Road Runners is a school-wide program designed to develop movement skills in kids of all ages and abilities through a mix of running and fitness activities. Kicked off by our former AVP and school wellness liaison Mr. Beugoms and now led by Coach Fullerton, this program helps kids build confidence, gain motivation, and fuel their desire to stay active. Kids will be encouraged to enroll in a club where they can earn points and prizes. Keep on the look-out for the program this spring as it expands across all grade levels! Learn more at [rising.nyrr.org](http://rising.nyrr.org).



# HAPPY HEALTHY VALENTINE'S!

# CALENDAR

This Valentine's Day, show some love for your sweetheart's heart! Consider sending some sweetness in heart-healthy ways:

- ▶ **Splurge with strawberries!** These blood-red beauties pack a powerful punch of vitamin C and anti-oxidants (even when drizzled with a little dark chocolate or whipped cream...)
- ▶ **Stock up on cards, not candy.** Skip the gummy-hearts and sweet-tarts and send your Valentine's wishes through hand-written love notes instead.
- ▶ **If you're going to indulge, make it count.** Spend time as a family baking something delicious (and then don't forget to lick the spoons).



## SAT MARCH 21

10 am Garden Green Up and Clean Up!

## FRI MARCH 27

8:30 am SWC Meeting Cafeteria

## FRI APRIL 24

8:30 am SWC Meeting Cafeteria

## SAT APRIL 25

10am Garden Green Up and Clean Up!

## SAT MAY 9

10am in Prospect Park Brooklyn PTA's Annual 5K Run/Walk

## SAT MAY 16

10am Garden Green Up and Clean Up!

## WED JUNE 3

PS 11 Annual Off-Site Field Day Contact Mr. Padgett or Ms, Fullerton to volunteer!

## WELLNESS CORNER

Wellness Council updates ▶▶▶▶▶

**PS 11 was recently awarded a Grow With Us mini-grant for \$500 from Grow to Learn NYC 2020!**

**We look forward to using these funds to build more raised garden boxes to support the Agriculture & Life Science program.**

## WHAT'S UP FOR 2020?

Thanks to more than a dozen active School Wellness Council members comprising parents, grandparents, PS 11 educators, and NYC DOE staff, this year's projects include:

- ▶ Ongoing support of our salad bar and NYC DOE Garden to Café days led by Lesley Duval
- ▶ Installation of a filtered water system in the cafeteria led by Saratu Gharthey
- ▶ Increasing exterior bike racks for student and school use led by Mr. Padgett & Emily Flynn
- ▶ Teaching Health education through STEM led by Erica Phillips
- ▶ School Garden build-out & revitalization led by Matthew Blood & Nicole Matthews

Want to get involved? Come to a meeting or email [schoolwellness@ps11bk.org](mailto:schoolwellness@ps11bk.org)