



Dear Key Biscayne K-8 Center Community,

It's hard to believe that the new year is upon us! I wanted to take this opportunity to thank you all for the warm welcome I've received at KBCS. From the administrators and cafeteria staff to the teachers and parents, I've felt very supported in our mission to encourage healthy habits in our community. With your help, we roasted vegetables in the cafeteria to encourage their consumption, turned the Media Center green with our Ginger Kale labs, and got the garden going with carrots, beets, and even more kale! Here are a few things we have planned for this winter:

- WITS Café - We will host our first Café Days on December 6 in the Middle School Cafeteria with our wonderful WITS Chef Partner, Marc Randazzo of Randazzo's Italian Seafood & Classics Restaurant.
- WITS Labs- Our upcoming Potato Salad Lab is scheduled for January 29 thru February 8, 2019. Roasted potatoes were a hit, and I'm excited to build on that with this lab.
- WITS BITS- We'll be on the move this winter to bring brief nutrition lessons to the classrooms. First up will be Sugar Overload comparing sugary sodas to low-sugar beverages.
- Harvest Café Day - With the help of the PTA Garden Committee and Ms. Sosa's and Ms. Raposo's students, the school garden is coming back to life. We've planted two beds that are holding their own against the iguanas and can now hold monthly harvest and tasting classes. Next up will be herbs to highlight our soon-to-be replanted herb garden!

Looking forward to the months ahead! If you ever have any questions or concerns, please feel free to reach out to me at ana@wellnessintheschools.org

All the best,
Ana Sofía Peláez, WITS Chef

Wellness in the Schools teaches kids healthy habits to learn and live better.