



August 21, 2017

Dear parents,

Greetings for the 2017-2018 school year! Wellness In The Schools (WITS) is thrilled to be back at KBCS to support Key Biscayne's dedication to improving the health of their children and families. Your participation in our program through the support of KBCS PTA and the Key Biscayne Community Foundation allows us to provide a similar WITS experience at Charles R. Drew in Liberty City. Our goal at both schools is to teach children healthy habits that will last a lifetime. WITS offers several exciting programs this year to help achieve these goals:

- **WITS Labs**- Interactive cooking classes 4 times a year to teach children to read a recipe, choose ingredients, cut and cook vegetables and why these vegetables are good for you. This year's labs will be: Applesauce, Hummus, Braised Carrots, and Greens.
- **WITS BITS**- Short nutrition lessons done in the classrooms. New topics: My Plate (making balanced choices), Brown Bag Challenge (reading labels), Vegetable ID (discovering something new).
- **FIT BITS**- Short in-class fitness activities to get the students' blood and brains moving!
- **Family Fitness Fun Night**- An evening at school with fun fitness activities to enjoy with your family followed by a healthy dinner.
- **Cafeteria**- Chef training of cafeteria staff on the preparation of vegetables to begin. Tastings offered to students on these vegetables to promote their consumption.
- **Parent Workshops**- Workshops throughout the year will cover a variety of subjects, including parent cooking classes.
- **Garden**- WITS will be working with the students to create and maintain an edible garden for the community to enjoy.

I look forward to another productive and collaborative year at Key Biscayne! Please email me at: lcubreth@wellnessintheschools.org if you have any questions or would like to volunteer your time to WITS.

Thank you,

Chef Laura