

## **Wellness in the Schools (WITS) is coming to KBK8 in the 2016-17 school year!**

Through the generosity of Key Biscayne Community Foundation and the support of KBCS PTA, in 2016-17 KBK-8 Center will be one of the first schools to implement the WITS program in Florida, and the first in Miami-Dade County. Wellness in the Schools (WITS) is a national nonprofit organization based in New York that promotes healthy eating, environmental awareness and fitness for children in over 75 New York City public schools. We are proud to be part of their Florida expansion!

Next school year, WITS will be partnering with KBK-8 Center to integrate the core elements of their Cook for Kids and Coach for Kids programs in conjunction with and as an enhancement of current MDCPS wellness programs. The goal is to provide nutrition and wellness education and activities in the classrooms to connect students with healthy food choices offered in the cafeterias.

In May of this year, WITS personnel flew down for "WITS Week @ KBK8" to provide a small taste of the programs which will be provided next year. In the short time, students, staff and families participated in:

- WITS BITS - 20 minute interactive nutrition classes (some 3rd graders learned about sugar in drinks!)
- FITS BITS - faculty training for fun fitness breaks in the classroom (Teachers learned triathlon activity)
- Family Fitness Fun Night - 160 people participated in four fitness stations & enjoyed a delicious dinner at school!

Beginning in September 2016, Wellness in the Schools will be providing a WITS chef to KBK8 who will implement the different initiatives of the WITS program throughout the year. As part of WITS Cafe, our WITS chef will work directly with KBK8 cafeteria staff supporting culinary training and menu enhancements and offer healthy tastings. Our WITS chef will also serve as our wellness support staff running WITS LABS (student cooking classes), WITS BITS (student nutrition classes) and FITS BITS (professional development for faculty) throughout the year.

Read excerpts from the WITS web page on back to learn more about each of these programs.

***Looking forward to a healthy and happy 2016-17 school year!***



### WITS Café

**The keystone of Cook for Kids, the WITS Café program** operates within public school kitchens to support the implementation of scratch cooking, healthier school lunch recipes and the expansion of salad bars. WITS Chefs work alongside school food staff in the kitchens, focusing on scratch-cooked recipe preparation. In the WITS Café program has the following specific goals in NYC schools: increase the use of scratch-cooked recipes; make a fresh salad bar and homemade dressings available daily; eliminate flavored and sugar-sweetened milks; provide fresh drinking water daily; offer fresh fruit and a vegetable at every lunch service; and use whole grain pastas/breads and rice in school food recipes and products.



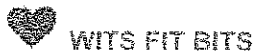
### WITS BITS

**WITS BITS are simple and short (20-minute) classroom lessons** during which children learn basic nutrition concepts through hands-on demonstrations. WITS Chefs teach students interactive lessons about healthy food and eating that allow students to learn by seeing, listening and doing. Some examples of WITS BITS lessons include: Eating the Rainbow; MyPlate Introduction; Vegetable ID; Blubber Burger (teaching children about the fat content in processed foods); and Sugar Overload (comparing sugary sodas and sports drinks to water and low-sugar beverages).



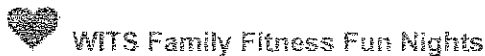
### WITS LABS

**The WITS Labs are a series of seasonal cooking classes**, during which children prepare and taste simple, delicious recipes focusing on a featured ingredient. Taught by a WITS Chef, the WITS Labs introduce the importance of eating locally and seasonally, the fundamentals of cooking, and the essentials of nutrition. The students then learn and complete a basic recipe using the ingredient. Recipes are given to children to take home and at least one of the recipes is prepared in the cafeteria during the WITS Lab week. These classes bring children and their families together to learn about healthy cooking and eating, using seasonal produce and inexpensive recipes.



### WITS FIT BITS

**WITS FIT BITS allow kids and teachers to energize the classroom** and incorporate additional time for fitness activities during the school day. WITS Coaches train teachers and school staff to lead short, 10-minute activity bursts for their students. These short fitness breaks are opportunities for kinesthetic learning, where physical activity and academics are combined. Short physical activity breaks between academic time are proven to help activate the brain, improve on-task behavior, and strengthen students' ability to focus.



### WITS Family Fitness Fun Nights

**Family Fitness Fun Night (FFFN) is a component** of the Coach for Kids program during which students and their families participate in fitness classes led by the WITS Coaches and WITS Fitness Partners (e.g. yoga, zumba, soccer). Complete with a healthy dinner and water donated by Mountain Valley Spring Water, FFFNs provide an opportunity for the entire family to come together in a fun and festive atmosphere. Each school is offered the opportunity for one FFFN per semester.