



February 2018

Hello Key Biscayne Partners!

Wellness In The Schools hopes this letter finds you and your family healthy and well. We have many exciting activities for this semester!

During January the students were taught the "Brown Bag Challenge" WITS BIT, one of the short nutrition lessons taught in the classroom. They played a game where they guess the unhealthy snack item after only hearing the ingredient list and most were rightfully horrified by some of the ingredients put into junk food. They were also taught how to read a nutrition label using the 5,5,5 Rule for picking out healthier snacks. The 5,5,5 Rule instructs the students to look for less than 5 grams of sugar, more than 5 grams of fiber and less than five ingredients in processed foods. Pre-K and Kindergarten were taught "Sugar Overload", a lesson designed to show the excessive amount of sugar in popular drinks. We encourage them to choose water, with or without bubbles and fruit.

Coming up at the end of February, we start the cooking Labs again with the 1st through 8th graders. For this Lab the students will be learning how to braise carrots. Please email me [lculbreth@wellnessintheschools.org](mailto:lculbreth@wellnessintheschools.org) if you are interested in volunteering to help with the classes. Last year, the Key Biscayne Foundation filmed the Potato Lab and the video is now up on YouTube. Go to [https://www.youtube.com/watch?v=HmJjD\\_UqSEo&sns=em](https://www.youtube.com/watch?v=HmJjD_UqSEo&sns=em) and you and your family can relive our most popular Lab! You can also watch on KB Channel 77 at 9:30 pm daily.

We have been blessed with a year round planting season in South Florida and we are taking advantage during "winter". The kindergarteners helped plant radish and carrot seeds as well as four different types of lettuces and an herb wall in the Edible Garden next to the Elementary Cafeteria. The garden also has several Everglade tomato plants growing strong! We are planning on hosting different classes there to get everyone involved in the magic of growing your own food.

Upcoming on the evening of Thursday, March 15th, WITS will be hosting another Family Fitness Fun Night. This free event brings the families of KBCS together to enjoy an hour of four different fitness activities followed by a healthy dinner. We hope to see you there!

March 21st, Chef Bill Telepan of Oceana NYC and the WITS executive chef, will be bringing delicious and healthy samples for the students to enjoy during their lunch periods.

Thank you all for your hard work and dedication, it is an honor to be a part of this community. Together we can achieve anything we put our efforts into!

Love, Chef Laura

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