

Wellness Updates

Classroom Tower Garden to School Lunch



Many of Patchogue-Medford’s schools are currently using Tower Gardens, which allow students to plant, care for and grow seeds into viable vegetables in mobile units that can be shared between classrooms without the mess of soil. Instead, plants are grown in a medium called rockwool, which provides plant roots with oxygen and consistent moisture, encouraging rapid, healthy growth. At some schools, samples have been provided to students to try and in others, produce has been provided to the food service workers for use in student lunches.

Kindergarten students at Tremont, recently grew the green leaf lettuce shown here that was used for a chef’s salad as well as the soup with turkey and cheese plate for two days. The second crop of lettuce they harvested, was also given to food service workers and was used for tacos.

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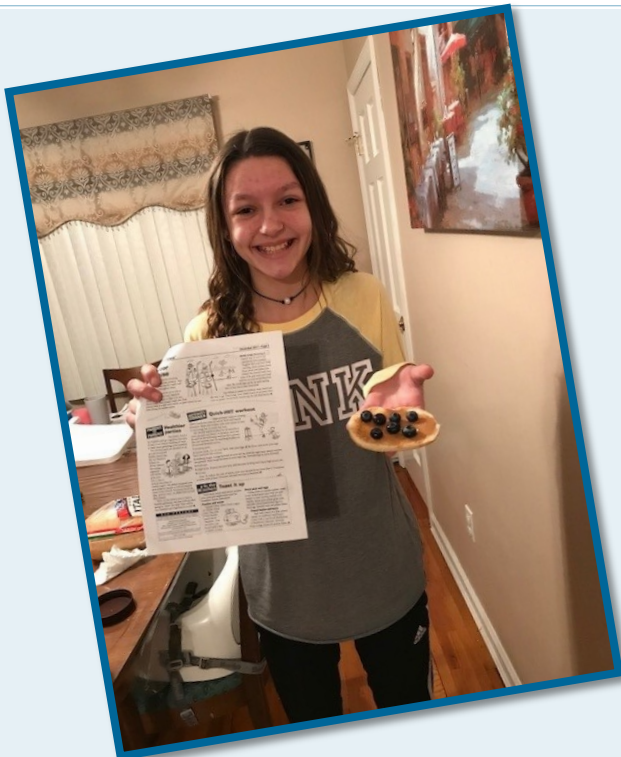


Students Try New Recipes Featured In *Teen Food & Fitness*

During the 2016-2017 school year, the District began posting wellness newsletters on the District's website for elementary and secondary students and their families. The newsletters feature tips on cooking, healthy eating and staying active.

Health teacher, Mrs. Poulis, who is also a member of the District's Wellness Committee has encouraged her students to earn extra credit by trying new recipes featured in the secondary newsletter, *Teen Food & Fitness*. The students have to provide at least one picture as well as their thoughts on the recipe they've tried. Some students have gotten their entire family involved with taste testing the final products. And while their opinions have varied, the overall goal of having students try different foods and new recipes has been a success.

"It's really nice to be able to eat something healthy when I am really hungry but also want to stay healthy and in shape."



Pictured above: Haylee made the peanut butter and berry toast from the December 2017 newsletter and said, "I really loved the peanut butter but felt that strawberries would have been better than the blueberries."

Each month, the *Teen Food & Fitness* newsletter includes a section called, "In the Kitchen", where new recipes are featured. In the December 2017 newsletter, this section highlighted toast. "With these sweet and savory recipes, your teen just might want toast for breakfast, lunch, *and* snack!"

One of the toast variations featured in the December edition was the Peanut butter and berry. See below for the recipe:

Peanut Butter and Berry Toast

Start with a layer of 2 tablespoons peanut butter (or sunflower seed butter). Cover with 1/4 cup frozen blackberries or blueberries (thawed). *Variation: Swap cottage cheese for peanut butter.*



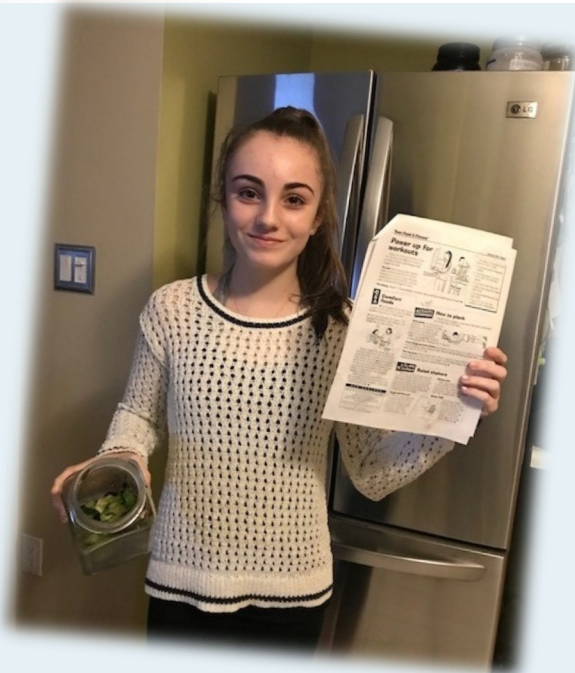
Pictured left: Kelsey made the winter cobb salad from the January newsletter and said, "I wasn't very fond of the taste. I felt the Italian dressing tasted odd with the cranberries. Otherwise, I really enjoyed this recipe."

Winter Cobb Salad

Pour 2 tablespoons Italian dressing in the jar. Layer in 1/2 cup cubed lean ham (or 1/2 cup chickpeas), 1 cup bite-size green leaf lettuce, 1 diced hard boiled egg, and 2 tablespoons dried cranberries.

Grape and Broccoli Salad

Drizzle 2 tablespoons balsamic vinaigrette on the bottom of the jar. Layer in 1 cup bite-sized chopped fresh broccoli, 1/2 cup sliced red grapes, and 2 tablespoons toasted sunflower seeds.



Pictured above: Ashley said, "I really enjoyed this delicious and healthy grape and broccoli salad. When I was done making it, it smelt really good. It's really nice to be able to eat something healthy when I am really hungry but also want to stay healthy and in shape. It is also really quick and easy to make. I am definitely making this again." **Pictured left:** Sabrina said, "I made the grape and broccoli salad. This dish was tasty and I would make it a lot now. The only problem that I had was I forgot to cut the grapes. My favorite part of the salad was the sunflower seeds and overall the salad was delicious."

South Ocean Students Enjoy Jump Rope Unit

South Ocean Middle School physical education teachers recently conducted a unit on jumping rope. "They challenged themselves with jumping in and out of a moving rope and jumping with friends. I like the fact that boys and girls equally enjoyed participating in this activity," said PE teacher, Kelly Farmer.



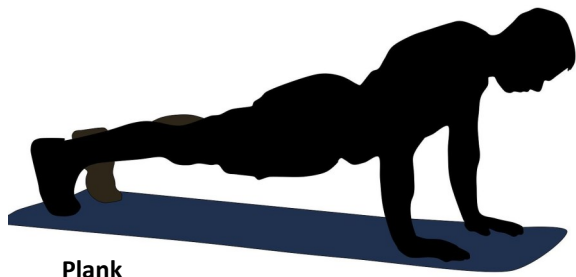
Featured above: An entire PE class working independently during the jump rope unit.



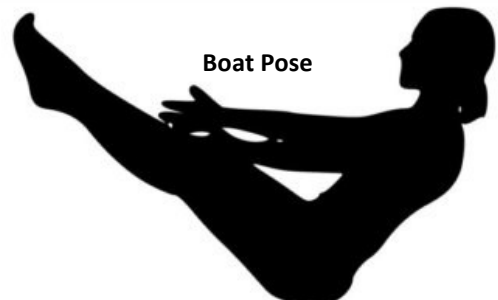
Shown left: Students enjoying themselves while using the long rope.

Barton Gym Classes Work Fitness Stations

At Barton Elementary School, physical education teachers Ms. Tuzza and Ms. Armstrong have divided the gymnasium into three sections or fitness stations: Planks, Boat Pose and Squats. Students compete against each other by trying to flip a cone while holding each pose. The students rotate through the different sections to strengthen different muscle groups.



Plank



Boat Pose

Health Classes at Oregon Practice Yoga

Mrs. Poulis' seventh grade health classes at Oregon Middle School have had the opportunity to practice yoga, a total mind-body workout that combines strengthening and stretching poses with deep breathing. The classes are taught by an experienced yoga instructor who modifies the poses based on individual abilities. Yoga has given the students the chance to learn how to be more mindful in their everyday, busy lives. The students seem to really enjoy learning how to de-stress their minds and relax their bodies.

Shown right:
The pose
"downward
facing dog",
shown right,
stretches the
shoulders,
hamstrings,
calves, arches,
hands, arms
and legs.



Pictured left:
Students
practicing
"cobra" pose
which is meant
to strengthen
the spine,
stretch the
chest, lungs,
shoulders and
abdomen.