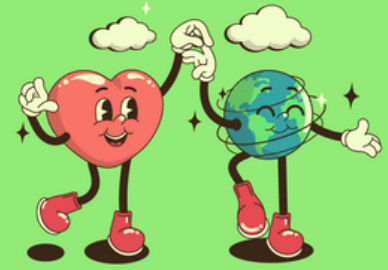


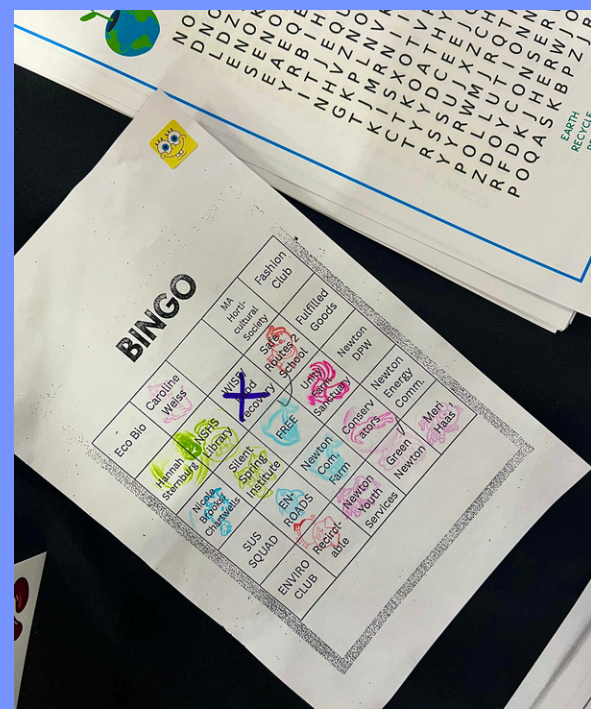
# Happy Earth Day!



The Newton South High School Sustainability Squad hosted its annual Earth Day event in the Field House on April 15th. Newton South classes, along with students from several Newton middle schools, attended the event. Tables from local farms, the Department of Public Works, and other community partners were set up to engage students, promote sustainability, and encourage environmentally friendly practices.

Chartwells participated in the event, with Nicole, Assistant Director of Dining Services, hosting a table featuring free samples of housemade red kidney bean hummus served on tortilla chips. The sampling was designed to be waste-free, with no use of disposable cups. Visitors also received recipe cards and fun take-home materials, including an Earth Day word search. The recipe was intentionally chosen to highlight that hummus can be made using a variety of beans already available at home; no need for exact ingredients like chickpeas.

Students were given bingo cards that were stamped at each table they visited. Once all squares were completed, participants received a prize.



# Newton North's Housemade Focaccia!



YUM!

At the Newton North deli station, freshly made whole grain focaccia prepared from scratch is now available. Students can customize their sandwiches by choosing from a variety of ingredients. The focaccia is crafted with fresh herbs, including rosemary, thyme, oregano, and basil. Newton South will also start making their own focaccia bread as well, in the month of May!



## MOOD BOOST at Peirce Elementary School!

### Mood Boost Came to a Close at Peirce

During **Calm** Week, students sampled a strawberry spinach salad while learning about the importance of balance through regular meals, rest, and self-care activities like yoga and outdoor time. They also shared their own calming strategies, including reading, gymnastics, and drawing.

For **Confident** Week, students tried spaghetti squash while learning how it grows on vines and how vitamin C supports a healthy, strong body. For many, it was their first time trying spaghetti squash—or even squash at all—making it an exciting experience.

Students also explored the **Smart** Monster by sampling red kidney bean hummus made from simple pantry ingredients. They learned fun facts about beans, including how some plants can grow over 10 feet tall and how beans are enjoyed in dishes around the world.

At each tasting, many students shared that it was their first time trying these fruits and vegetables. This opened the door to conversations about trying new foods, showing students that stepping outside their comfort zone can lead to discovering new favorites and helping them experience foods they may not typically try at home.

