



BURNSIDE BEATS

Issue #28, February 2023

Wonderful Wellness



A Message from our Principal, Nicole A. Tiné...

The PS 396 Wellness Council consists of several staff members that meet monthly to discuss and plan engaging initiatives for the school community that promote healthy living. Our members include: our Assistant Principal Doug Sheeran, Jonathan Pellerin (Music), Kelsey Kovacs (Class 402), Angela Cherry (Guidance), Rich McCormack (PE), Shari Cohen (Health & Wellness), Gigi Beaumont (SETSS), Monika Caffrey (OT), and Danielle De Courcey (Class 503), Zoe Rosenberg (Art), Mike Sivilich (NEST Cluster). While all 396 staff support students' social emotional learning on a daily basis, the Wellness Council made continuous efforts this year to promote a balanced diet that consists of choosing more "Go Foods" over "Slow Foods."

While every person enjoys the sweet taste of an Oreo or the delicious salt of Doritos, students learned about the negative effects that these "Slow Foods" can have on their health and learning. Our Health and Wellness teacher, Shari Cohen, educated students on how eating too many sugary or salty snacks that are high in fat ultimately lead to us feeling tired and decreases our ability to concentrate and focus. In addition, eating too much of these foods can cause other health problems such as high cholesterol, diabetes and weight gain. These health lessons resulted in more students interested in eating "Go Foods" over "Slow Foods" trying new fruits and vegetables during lunch.

These are just a few of the many students who were "caught" trying healthy Go Foods during lunch. Students from left to right, top to bottom: Luke, Xavier, Naime, Elijah, Mariah, Noah, Erick, Saykl, Lunamile

GO FOODS 	SLOW FOODS 
Low in sugar and will give you energy for learning and some left over for play.	High in sugar and fat so you will get a burst of energy then feel very sleepy making it hard to concentrate on your learning day.
	
	
	



To continue promoting healthy living the Wellness Committee also created the **Happy Heart Challenge**. Inspired by American Heart Month, Valentine's Day and "Respect for All Week," students and staff accepted the Happy Heart Challenge, which promoted healthy eating and exercise. Rich McCormack, our Physical Education teacher, focused this month on teaching students the ways they can keep their heart healthy through exercise. In order to apply their knowledge on what makes a "happy heart," classes united daily and dedicated five minutes of their recess to participating in a variety of cardiovascular exercise circuits led by both Mr. McCormack and Ms. Cohen. Even our staff joined in on the fun!





All classes also completed a "Happy Heart Jigsaw Template" with support from art teacher Ms. Zoe to share some of the ways they make their heart "happy" through specific exercises, foods, hobbies, and helping others. This gave students a chance to reflect on the many ways they can keep a healthy body and mind.

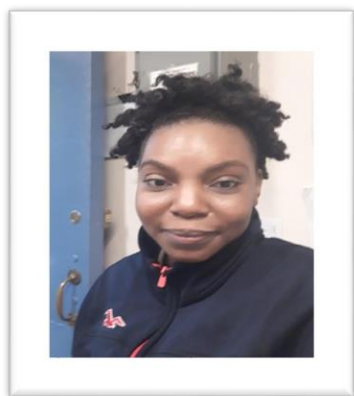
We are happy to report that all classes successfully completed the challenge and earned their fitness stars, so we celebrated the end of the challenge with a dance party event called, "Lettuce Turnip the Beat," by our resident DJ and Guidance Counselor, Adriano Casimiro and our

Music teacher Jonathan Pellerin. We are so proud of all participants!



Interview with the Chef

Two members of the Wellness Council, Ms. Cherry and Ms. Kovacs, also had an opportunity to interview our School-based Chef, Neriedah Payne so we could learn and share more about efforts in our school cafeteria to ensure our students have healthy options at lunch.



Ms. Cherry: What made you want to become a school based chef? What is your favorite part about the job?

Ms. Payne: Well, I had experience in chef schooling back to when I lived in the Caribbean. I always wanted to become a chef. Before joining this school, I worked as a chef at a hotel and gained a lot of experience preparing healthy and tasty foods.

My favorite part of the job here is making sure the meals are prepared and properly served. What motivates me personally is that I have kids. They attend a public school outside of the DOE, and they have explained to me that the food provided is sometimes not cooked well, which makes them and their classmates not want to eat it. I said to myself, PS 396 is not going to be like this! I have worked with so many schools and have seen different styles of cooking. I am happy to say that our cooks are so careful and selfless, and I want to keep building on this!

Ms. Cherry: Is there anything that you have ever changed or wanted to change about our school food service?

Ms. Payne: Yes, initially when I joined the team, there was a shortage in staff, but we came together for a common purpose, to respectfully serve our kids the best food possible. We began holding meetings to make sure we were on the same page about preparing our foods. More efforts were made to change how foods were presented for the kids. Hygiene and presentation were the priority. We also began listening more to feedback from all stakeholders and applying it.

Ms. Kovacs: What do you think the connection is between learning and healthy eating?

Ms. Payne: Like they say, if you don't have that sustenance that food offers, your brain will not be able to work to its best ability. The most important meal of the day is breakfast, which we also carefully prepare and distribute daily. The pros of eating school breakfast and lunch outweigh the cons. Our food is nutritional and has more value than some of the "Slow Foods" that are brought in by students.

Ms. Kovacs: What would you say is the overall goal of the PS 396 School Food Service team? Is there any nutritional advice you have for 396 families at home?

Ms. Payne: Our goal is to make sure all students are provided with a nutritional breakfast and lunch. We want to ensure that they are exposed to a variety of nutritional and tasty food. We modify our menu for our students. We have student groupings that we form if we receive specific information about a child's nutritional needs. For example, we have a vegetarian menu for students who do not eat meat.

My advice to parents would be to make sure you are factoring in the healthy aspect of eating. Children benefit from options and should be included in the decision making when possible. Finally, we should lead by example by eating healthy too! We have to be nutritional role models in order to make a difference.

Tips to Raise a Heart Healthy Child

Here are some more tips that you can use at home to support your family's heart health:

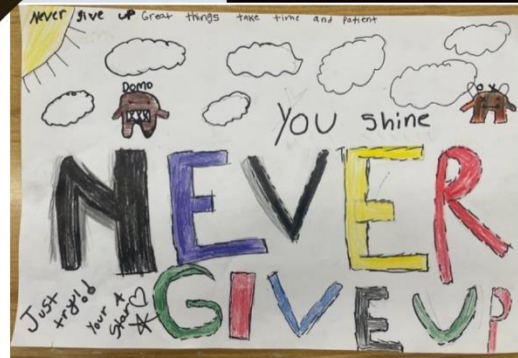
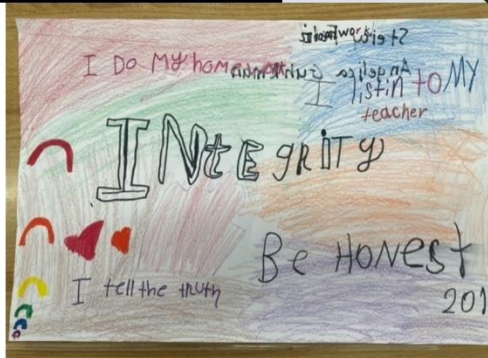
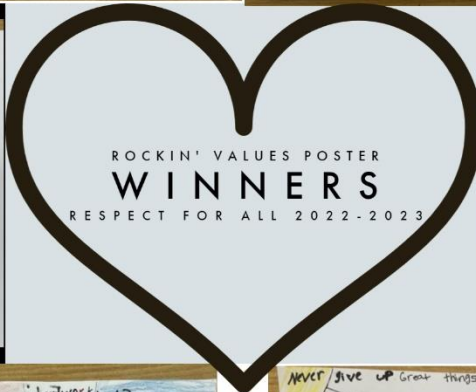


1. **Keep moving-** exercise as a family; ride bikes, take a walk, go swimming or play games outside.
2. **Be positive-** make heart health fun by incorporating games into your family activities or walk to a park for a healthy picnic dinner. Celebrate successes to promote a positive sense of self-esteem.
3. **Limit screen time-** excessive screen time leads to a sedentary lifestyle and constant snacking, which increases the risk for obesity and cardiovascular disease. Limit TV, computer and phone time to two hours each day.
4. **Schedule annual checkups-** make sure your child has an annual physical, which you can schedule at the health clinic at school.
5. **Go to the grocery store together-** learn more about reading nutrition labels and make it fun for your child. Stock up on whole wheat bread and grains, low-fat dairy products, poultry, fish and nuts.
6. **Keep healthy options available-** when your child gets home from school, give him healthy snack options such as whole grain crackers and string cheese, hummus dip and vegetables, Greek yogurt with apple slices, nuts and dried fruit.
7. **Make dinner a family affair-** involve your child in cooking and planning meals.
8. **Check salt intake-** avoid processed foods and keep saltshakers off the table.
9. **Stay involved-** be an advocate for your child and others. Insist on good food choices at school. You can check our school website to see the breakfast and lunch menus each month- www.ps396.org.
10. **Be realistic-** set realistic goals and limits. Small steps and gradual changes can make a big difference in your child's health over time, so start small and build up.



This month our Student Council also got involved with promoting **Respect for All** in our school with a poster contest in which they challenged students in each grade to create posters that reflect our school ROCKIN' Values. We had so many great submissions. Congratulations to all the winners!

Alyssa from K-10 for **RESPECT**
 Mileinys from 101 for **OWNERSHIP**
 Destini from 203 for **CURIOSITY**
 Mathius from 302 for **KINDNESS**
 Steicy and Angelica from 201 for **INTEGRITY**
 Jonuelle from 503 for **NEVER GIVING UP**



PARENT REMINDERS

- Make sure we have current contact information on your child's Emergency Blue Card. If you change your cell phone number, please update us immediately.
- All students need to register at school Health Clinic in order to receive services.
- Download and check ClassDojo to stay informed on school and citywide updates.
- Arrival begins at 7:55AM for all students.
- Dismissal for Prek – 2nd grade is at 2:15PM, 3rd – 5th grade is at 2:20PM.
- As the weather turns colder, please remember to send your child with a warm coat and accessories. If your child needs a coat, please reach out to our Parent Coordinator Ms. Gonzalez, who is happy to help provide one to you.

Your NYC Schools Account is your gateway to family-facing technology to support and track your children's progress through public school education at the NYC Department of Education. Open an account today to apply to schools, track your children's progress from Pre-K through high school graduation, and get access to other digital content for New York City families exclusively available to NYC Schools Account holders!

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P.S. 396's

Read Across America Week

During the week of February 27th, we will be celebrating Read Across America week with a different reading theme each day. We are so excited for everyone to join in on the fun!

I have also included some books you can read with your child for each theme!

Monday, February 27th

We're WILD about reading! Wear clothes with animal print, stripes, or spots!



Tuesday, February 28th

Let's celebrate that reading is fun to do as a team! Wear your favorite sports team shirt or hat!



Wednesday, March 1st

Books can be SILLY or funny! Wear a silly outfit, hat, or socks today.



Thursday, March 2nd

Reading is fun when you have a favorite book! Bring your favorite book to school today and wear your favorite color shirt.



Friday, March 3rd

You can always snuggle with a good book! Wear your pajamas to school and bring a stuffed animal.

