



October Community Letter

October 7, 2015

Dear PS 20 Community:

Greetings for the 2015-2016 school year! My name is Monica Chen and I am a FoodCorps service member working with Wellness in the Schools (WITS) at PS 20 this year. For those of you unfamiliar with our organization, WITS is a non-profit based in New York City that implements programs aimed to promote a healthy school environment. These programs include Cook for Kids, Coach for Kids, and Green for Kids. We currently have partnerships with over 75 schools in New York City.

As a Cook for Kids service member, I will be **1) supporting the school's cafeteria staff in providing access to healthy foods, 2) teaching seasonal cooking classes to students through WITS Labs, and 3) supplementing nutritional education through our 20-minute WITS BITS.** Towards the end of October, PS 20 will be receiving a portable WITS Tower Garden that uses aquaponics to grow produce for garden education. I am looking forward to working with PS 20's Tower Garden point person, Ms. Soffer, on this project.

If you are interested in a regular discussion of ways in which we can support the wellness activities at PS 20, sign up to be a part of the school's Wellness Committee. The committee will serve as an opportunity for parents, staff, and other community members to ensure that the health and wellness of our kids are prioritized. Interested individuals may sign up by emailing me their name, student's name, phone number, and e-mail address. Meetings are tentatively scheduled for the first Tuesday of every month at 7:45 am.

I am thrilled to be a part of PS 20's dedication to feeding children healthy food and look forward to a productive, collaborative year. Please do not hesitate to contact me via e-mail at monica@wellnessintheschools.org.



All the best,

Monica Chen
PS 20 WITS FoodCorps Service Member

Find out more about WITS: www.wellnessintheschools.org

Find out more about FoodCorps: www.foodcorps.org



十月份社區通訊

親愛的PS 20 家長及鄉親們:

問候大家好，我的名字是 Monica Chen (陳沛宇). 我是PS 20 學校Wellness In The Schools/WITS (促進校園學童健康方案) 2015-2016學年度代表FoodCorps (食品營養工作團) 的團員, 與WITS合作致力於協助學校學童飲食健康事宜。

WITS 是紐約市的公益福利機構, 目標是在提供計劃及活動, 以促進學校健康的環境, 服務範圍包括為學童提供健康飲食, 指導及帶領學童, 教導學童學習環保綠化, WITS目前與紐約市七十五個學校合作推行有關活動。

我服務於為學童準備健康飲食的團隊, 我將(1) 協助學校餐廳提供健康飲食, (2) 透過WITS LABS教授健康食品烹飪課程 (3) 提供多次的WITS BITS 不同種類每次20分鐘的營養教育。在10月底, PS 20 會收到可攜式WITS Tower 花園, 以魚菜共生方式種菜來教導學童, 並讓學童參與耕作, 我衷心期盼很快能夠與PS 20 的Tower 花園負責人 Ms. Soffer 一起合作。

如果您有興趣參與有關提供促進PS 20學童健康的方法, 請登記參加學校促進學童健康社團組織, 這社團組織將會很快地舉行第一次會議, 提供各位有關我們工作的進度。

請踴躍與我聯絡, 我的e-mail是 monica@wellnessintheschools.org. 我很高興能為PS 20 的一分子, 專注於協助教導有關食品營養及提供學童健康食品, 並期盼有個結果豐盛成功的一年。



祝福您,

Monica Chen (陳沛宇)

PS 20 WITS 食品營養工作團團員

WITS: www.wellnessintheschools.org
FoodCorps: www.foodcorps.org