



February Community Letter

Dear PS 20 Community:

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. WITS currently partners with FoodCorps to further enhance its programming through FoodCorps' national network of service members and organizations as well as through its wealth of resources that empower communities to create a healthier school environment.

GARDEN TO CAFÉ--Since its construction, the Tower Garden has been integrated into classroom lessons, and its produce has been harvested for garden-to-fork tasting experiences. We are excited to announce that the Tower Garden has been registered for the Garden to Café program made possible by SchoolFood and Grow to Learn NYC. Garden to Café connects school gardens with school lunch meals, so students will get more opportunities to taste the produce they have grown through cafeteria programming (e.g. tastings, harvest events, etc.). Thank you to Ms. Soffer and the wellness committee for their work on this initiative. Look out for more info about our first event on March 11th!



FAMILY FUN FITNESS NIGHT--We had an incredibly successful Family Fun Fitness Night! Students and their families enjoyed a wide variety of activities from games with WITS Coach Paul to Zumba to hip-hop with yours truly. A huge shout-out to the SchoolFood staff for providing rice and beans alongside the Chop't salad dinner. On behalf of WITS and the Coach for Kids staff, I want to express gratitude to the PS 20 community

for supporting us and for always bringing so much energy to our events. It was great to chat with some parents about health and wellness in the schools throughout the night and I hope that those who were unable to make it can join us for future events and conversations.

WELLNESS COMMITTEE--Our next meeting will be Tuesday, February 10th at 7:45am in Room 226. Please come if you are interested in contributing to PS 20's wellness programming.

I am thrilled to be a part of PS 20's dedication to a healthier school environment and look forward to a productive year with you all. Please don't hesitate to contact me at monica.chen@foodcorps.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