



HEALTH & WELLNESS NEWSLETTER

November 2010



Volume 1, Issue 1

Announcing the PTA Health & Wellness Committee at Ada Merritt K-8 Center

SPECIAL POINTS OF INTEREST :

- > **Announcement: PTA Health & Wellness Committee**
- > **Healthy Lifestyles Grant**
- > **Be Organic**
- > **PE Tips**
- > **Recipe**
- > **Cancer Awareness**

INSIDE THIS ISSUE :

Health & Wellness	1
Healthy Lifestyles	1
Be Organic	2
PE Tips	2
Be Organic Recipe	3
Cancer Awareness	4
Members & Links	4

The major goal of the Ada Merritt K-8 Center Health and Wellness Committee is to promote wellness and address current health issues facing our students. We are committed to providing a healthy environment for students and staff, recognizing that individuals must be physically, mentally and socially healthy in order to improve their academic performance. Aligned with the M-DCPS district-wide wellness policy, our committee will focus on achieving the following 5 objectives to ensure all Ada Merritt students will: (1) have access to and will be encouraged to take advantage of high-nutrient food options served at school; (2) engage in the required and recommended levels of

Physical Education, (3) engage in the daily recommended levels of physical activity, (4) be educated and encouraged to make healthy life-style choices and will learn how to develop healthy relationships, and (5) have access to physical, mental and preventive healthcare.

Through grants, fundraising and partnerships with various organizations which promote healthy lifestyles, the committee will lead in the organization of PTA sponsored events which will educate and engage students, parents and teachers through activities that promote healthy lifestyles.

Committee Chair: Sarah Messiah, Ph.D., MPH

Dr. Sarah Messiah has been a parent at Ada Merritt since it re-opened its doors in 2003 when her oldest son, now a 7th grader, was a member of the inaugural Kindergarten class. Her other son is currently a happy Kindergartener and her daughter is in the 4th grade. She has chaired the Health and Wellness committee for the past three years. Her personal and professional passion is child health and wellness and she is committed to helping children lead the happiest and healthiest lives possible. Dr. Messiah is a Research Assistant Professor of Pediatrics and Epidemiology and Public Health at the University of Miami Miller School of Medicine. She is nationally-known for her work in the health consequences of childhood obesity and has published books and numerous scientific research articles on the topic.

Healthy Lifestyles Grant & Be Organic!

The Health & Wellness Team applied for a Healthy Lifestyles Grant. The PTA Healthy Lifestyles grant promotes good nutrition and regular physical activity in order to address the nation's childhood obesity epidemic. This grant emphasizes the important role families can play in keeping their children healthy and ready to learn. A PTA Healthy Life-

style grant award would allow our school to be the first "[Chefs Move to Schools](#)" program in the East Little Havana area of Miami. Chefs Move to School program is designed to help chefs and schools work together to teach children about food and nutrition. It's part of "[Let's Move!](#)" campaign, started by First Lady Michelle Obama. A

Healthy Lifestyles grant will enable our school to officially partner with chefs Kirk Nelson, Roosevelt Desir & Andre Walker, the founders of green company "[Be Organic](#)".



ABOUT BE ORGANIC!



Be Organic, an alternative-food catering business was born when three chefs, each with personal health issues, launched a catering business that specializes in serving up delicious, organic meals. Since their inception, the company has established an impressive clientele which includes President Obama and the First Lady and an Olympic gold medalist. Their mission is to provide healthy meals while educating the community about disease-preventing and organic eating. The goal of this partnership will be to teach our students about how to prepare healthy meals to they may instill healthy eating habits in the long-term. The AMPTA formally launched our chef/school partner program

during the International Food Festival where the chefs participated in the Health & Wellness Committee sponsored **"Be Organic Take Over"** booth which was a great success. The chefs will then be special guests at the general PTA meeting on Nov 10th where we will introduce Be Organic to attending parents, teachers and students. The chefs will provide a cooking demonstration for all attendees and provide healthy takeout meals. Later in the month the chefs will educate the middle school students on purchasing and preparing organic foods to coincide with their health unit in the curriculum. In the spring, the chefs will return to the school for another hands-on

demonstration with our K-5 students and our faculty and staff during teacher appreciation week.

Nov 10th PTA meeting will focus on Health & Wellness.

Be Organic will be doing an interactive cooking demonstration providing the meal that the PTA will be selling at the meeting.

Be Organic website

<http://www.organic takeover.com/>



PE TIPS from Coach Weaver

"Education is that whole system of human training within and without the school house walls, which molds and develops men (and women)" W.E.B. DuBois

I know you all help your child with reading, writing and math. Now here is your chance to have some fun with home learning. Ask your child to show you something they learned in class and practice it with them.

Here are some helpful tips:

- Hold their feet down as they do sit ups
- Take them to a track/park to run/walk
- Measure a half mile or mile distance and time them running
- Throw and catch a ball.
- Turn the jump rope or jump rope with them.
- Kick a ball with them.



Remember to have FUN and PLAY with them!

TURN HOMEMADE SCHOOL LUNCHES INTO AN ISLAND PICNIC!

Homemade school lunch is boredom in a box; it's time to start treating it like an island picnic. This meal will let the kids play with their food: assembling bite-size wraps on toothpicks and taking their taste buds on a trip with "a taste of the islands" their choice of Honey mango, Pineapple Delight, and Mandarin Orange dipping sauce; can be purchased only from Be Organic LLC. This wrap has all the hand-held, utensil-free convenience of a sandwich, and is inspired by flavors from around the world. They're perfect for anyone who's looking for an easy snack on the go, a way to use up leftovers, or just for some new flavors at the dinner table with our special sauces. Plus the kids have a great time making the wraps themselves!!

Caribbean Chicken Feed Wraps

Marinade Ingredients

- 1 teaspoon sea salt
- 1 teaspoon organic black pepper
- 1 teaspoon organic paprika
- 1 teaspoon organic onion powder
- 1 teaspoon organic cayenne
- 1 teaspoon organic dried parsley
- 1/4 cup organic mango chunks
- 2 tablespoon organic ginger preserve
- 1 cup organic green pepper
- 4 organic garlic cloves
- 1/4 cup balsamic vinegar
- 1 teaspoon organic cloves

Marinade Directions

1. In a large bowl, mix together the first six ingredients in marinade section: sea salt, black pepper, paprika, onion powder, cayenne and parsley. Toss with chicken breasts until evenly coated and place in plastic zipper bag and put to the side.
2. In a blender blend fine the next nine ingredients: mango chunks, ginger preserve, green pepper, garlic cloves, balsamic vinegar, cloves, thyme, grapefruit juice and olive oil. Then take the chicken in the plastic zipper bag and pour all contains from blender. Refrigerate for 4 to 24 hours, turning bag occasionally. (Tips: Use leftover cooked, grilled or rotisserie chicken from the fresh market deli)
3. Preheat coals to medium-high heat. Move coals to one side of grill. Remove chicken and discard marinade. Place chicken on rack directly over coals; grill for 1 to 2 minutes on each side to sear. Move chicken to cooler area of grill, not over coals. Cover grill and cook 8-10 minutes until chicken is cooked through, but still moist.
4. Once chicken is completely cooked let sit for 5-10 minutes then chop

Wrap ingredients

- 1 (8 ounce) organic fat-free cream cheese
- 1/2 cup organic reduced-fat mayonnaise
- 1/4 teaspoon organic dried basil
- 1/4 teaspoon organic dried oregano
- 1/4 teaspoon organic dill weed
- 1/4 teaspoon organic garlic powder
- 3/4 cup organic kernel corn
- 3/4 cup organic tomatoes
- 3/4 cup organic black beans
- 1/2 cup organic red onions
- 1/2 cup organic shredded carrots
- 1/2 cup organic raisin
- 16oz organic shredded lettuce/spring mix 10 (6 inch)
- organic tortillas, warmed "Taste of the Islands" Dipping Sauces: Honey Mango, Pineapple Delight, or Tropical Mandarin Orange) If desired: add 1/2 cup chopped walnuts

Making Wraps

1. In medium bowl, stir together chicken, corn, tomato, bean, red onions, carrots, raisins. Set aside.
2. In a small mixing bowl, combine cream cheese, mayonnaise, basil, oregano, dill weed and garlic powder; beat until smooth. Spread over the tortillas.
3. Sprinkle the chicken mixture evenly over tortillas and top with shredded lettuce (if desired add shredded cheese). Roll up tightly 4. Serve with Be Organic's "taste of the islands" dipping sauce. (sauces can be ordered online at www.organic takeover.com) For appetizer servings, place seam down on cutting board and cut each wrap into 6 pieces placing tooth pick through each piece. Bon appetite!!

**Be Organic P 754-273-5509 Email Beorganic4@gmail.com Website <http://www.organic takeover.com/>
Facebook www.facebook.com/beorganicllcglobal Twitter www.twitter.com/organic takeover**



Ovarian Cancer Awareness

Knowing the Signs by [Dr. Andrew Weil MD](#)

Ovarian cancer is almost completely curable if caught in its earliest stages. Unfortunately, it has few early symptoms and there is no reliable screening test, making early diagnosis difficult. To help identify problems when they first start, women should talk with their physician if the following symptoms are persistent, even if they seem

trivial:

- General abdominal discomfort or pain (gas, indigestion, pressure, swelling, bloating, cramps)
- Nausea, diarrhea, constipation or frequent urination
- Loss of appetite
- Feeling of fullness or abdominal swelling after a light meal
- Weight gain or loss with no known reason
- Abnormal bleeding from the vagina
- Pelvic pressure (a feeling that one needs to urinate or defecate all the time)
- Constant back or leg pain

A pelvic exam and an ultrasound can determine whether the ovaries require further evaluation.

The Health & Wellness Committee would like to thank the parents who so generously donated money through the PTA's "**Green Alternative**" fundraising drive and for earmarking these funds towards health and wellness initiatives for the school. It's never too late to contribute! Forms can be downloaded from <http://adameriittpta.com> or requested by contacting Suzie Sponder suziesponder@gmail.com

Health & Wellness Committee

Committee Members:

Deborah Barbouth
Joan Dengler Belen Esperis, MD
Sharon Elliot, PhD
Janet Forte
Tobie Hollenbeck
Marya Meyer
Diane Moura
Alton Sears
Suzie Sponder

If you are interested in being a part of this committee please contact Sarah Messiah SMessiah@med.miami.edu

If you have any information you would like to share on the newsletter please contact Janet Forte janet.forte@gmail.com

Check out these websites

Alliance for a Healthier Generation
<http://healthiergeneration.org>
Let's Move
<http://letsmove.gov>
Empower Me
<http://empowerme2b.org>