

BEDMINSTER TOWNSHIP SCHOOL

Parent Teacher Organization IT'S FOR THE KIDS!

Dear BTS Families,

We are approaching the end of 2019 and look forward to welcoming a happy and healthy New Year! I am excited to share a new initiative starting on January 8th 2020 called **Wellness Wednesdays**.

During Wellness Week in October, a balanced mix of students in grades 1-4 completed an on-line Google survey. The survey reported that 91% of students bring snack to school, and the average number of snacks is two per student. Among 136 students, 21% bring fresh fruit and only 1% bring fresh vegetables. In 2020, our goal is to increase these numbers for the benefit of our children's wellness. **Every Wednesday**, please encourage your child to bring in 1 fresh fruit or vegetable for snack in addition to another snack.

Healthychildren.org makes the following recommendations:

Fresh Fruits

- Apples, bananas, peaches, nectarines, pears
- Cherries, grapes (cut in half for small children), plums
- Orange or grapefruit sections
- Strawberries, blueberries, raspberries

Fresh Vegetables

- Carrot sticks, celery sticks
- Raw or steamed cauliflower or broccoli
- Bell pepper strips: red, yellow, orange & green
- Grape and cherry tomatoes
- Sliced cucumbers

Dried Fruits

- Apples, apricots, peaches, pear, mango
- Dates, prunes, raisins, cranberries

The survey also reported that 73% of students bring a beverage to school and of these, 74% bring water! This is great news but can be improved! 56% bring water in a reusable water bottle that can be refilled at our filtered and chilled water filling station at school. In an effort to strive for student wellness and for an increased awareness of sustainability, a reusable water bottle could make an excellent holiday gift for your child. Packaging reports from the survey also indicated that 75% of snacks were in disposable wrappers, bags or containers. It would be much more environmentally friendly to consider using a reusable container or snack bag instead please.

On January 3, 2020 students will enjoy an assembly presented by The Grand Falloons, "Garbage, What A Waste"! Students will learn what waste is, where it comes from, where does it go and what they can do about it. These teachings along with **Wellness Wednesday** will hopefully instill a better understanding about reducing, reusing and recycling and what they can do to help look after themselves and our planet. Thank you so much for your support with this important endeavor.

Respectfully,

Anna Spitaleri
BTS Wellness Committee & Green Team

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