



# Central Park East II Health and Wellness Committee

## Welcome Back

### Welcome Families

The Health & Wellness Committee is a group of CPE2 parents committed to creating a healthy community in which our children can thrive. Whether it be through teaching families about nutrition, discussing challenges that today's parents face or planning fun physical activities for kids and adults alike, every parent has what it takes to keep our school a healthy place!

Throughout the school year H & W collaborates with the Parents Association and school faculty to bring fun and exciting events to life. Some of our key project for this year will be:

**-Veggiecation and Corbin Hill** – The Veggiecation program brings certified parent-educators into the classroom to prepare and provide tastings using fresh fruits and vegetables. You will be amazed at how excited kids become about eating their veggies! We're looking for one or two parents who are able to become certified and make monthly visits to our classrooms. [www.veggiecation.com](http://www.veggiecation.com).



CPE II 2<sup>nd</sup> grader and Veggiecation Educator preparing a Shamrock Smoothie

Corbin Hill is a locally organized CSA (Community Supported Agriculture) delivering farm shares to our community every week in fall and spring. We encourage you to sign up for one of their delicious shares or lend a hand during their delivery time frame on Wednesday afternoons. [www.corbinhillfarm.com](http://www.corbinhillfarm.com)

**-Spring Cleaning for the Soul – Healthy Fair** – Mark your calendar for Saturday, April 16<sup>th</sup>! Great fun for the whole family, CPE2's Spring Fair celebrates healthy lifestyles through interaction with the local community. Past events have included Bike NY's Learn to Ride Workshops, Kickboxing and Yoga classes, seed planting, trivia and nutrition games, raffles, and healthy food tastings. We're always looking for parents to run activities, but we also need to leverage your connections. Consider which of your friends might be perfect for running a Zumba or karate demonstration, or might be willing to donate raffle items. Every small effort makes a big difference!!



Bike NY Class at the Spring Fair

**Parent Workshops** – These parents to connect with other CPE2 families while learning about topics that will support healthy parenting. Planned events for this year will include “Arming Your Family Against Cold Season”, “Supporting your Child Through Grief and Trauma,” “Cooking on Sunday for the Following Work Week” and many more! We're always looking for presenters and organizers, but these workshops are made successful through your participation. Stay tuned for dates!



Parents Cooking Demo Broccoli Frittata

**Keep Kids Moving** – We’re always on the lookout for opportunities to keep our kids, faculty and families moving their bodies. Whether it’s through the AIDS Walk, 5 Boro Bike Tour or programs such as Race to the Moon, we’re always on the lookout for opportunities to stay fit as a team! Bring your favorite fitness ideas to our meetings and we’ll help you build a team!

**Community Touchpoint** – Raising humans in New York City is a 24-hour gig, which most parents in our Community are juggling along with busy work lives. Health & Wellness meetings, workshops and events provide an opportunity to connect with other parents and school faculty, see your children thriving in their wonderful school environment and sharing your ideas for projects and initiatives.

Please drop into our monthly meetings (held on the third Monday of each month, following drop off) and our monthly workshops on the first Friday of each month, starting in November. We’re also looking for parents to lend a hand with a variety of additional activities throughout the year, from the **Fall Fair on October 17<sup>th</sup>** to movie nights in the cafeteria, Randalls Island Sports Day in the spring, and more. If you are interested in joining our efforts, please head to our sign up sheet at:

[https://docs.google.com/forms/d/1HGbiPfxZOjKBL\\_rwy\\_wlj\\_N1nDOYRtmGPbvWNCQ7xUml/viewform](https://docs.google.com/forms/d/1HGbiPfxZOjKBL_rwy_wlj_N1nDOYRtmGPbvWNCQ7xUml/viewform)



Health & Wellness table at the CPE 2 Fall Fair



### Health and Wellness Meeting Dates (3<sup>rd</sup> Monday of the Month after drop off)

September 21  
October 19  
November 16  
December 21  
January 25  
February 22  
March 21  
April 18  
May 16  
June 20

### Recipe for Shamrock Smoothie

Yield: 1 serving

#### Ingredients

½ cup of kale, chopped  
4 oz. skim or low fat milk (coconut, rice, almond or traditional)  
4 oz. plain or vanilla yogurt (coconut, rice, almond or traditional)  
½ banana, frozen  
1 tbsp honey (optional)

#### Preparation

Wash the kale leaves and dry. Remove stem and center rib and discard. Chop the kale and then measure.

Place all of the ingredients in a blender and blend well until smooth.

Enjoy.

