



September 16, 2014

Dear PS 333 Parents, Teachers, and Community Members:

Greetings! My name is Sara Fry and I am the Wellness in the Schools (WITS) Cook at PS333 this 2014-2015 school year. I am very excited to be back at MSC this year. We have another exciting year ahead together filled with cooking electives, harvest days, cooking labs, and delicious food.

We are extremely fortunate to have Dean Sheremet – of Nobu and Jean George fame - as our chef partner again this year! He will be participating in our harvest days and other school events throughout the school year.

We're so happy to have 2 WITS coaches, Tanya and Ena, this year. Here's some info from Tanya:



Hi! My name is Coach Tanya (pictured on the right). I am the full time Wellness Coach at PS 333. Every day I will be out on the recess yard with K-6th grade MSC students and their teachers organizing games and encouraging participation for even the least active kids. Our goal at Wellness in the Schools is to build healthy minds and bodies through inspiring and inclusive games and activities, all while keeping kids safe & having fun. If you have any questions or for more information please contact me at: tanya@wellnessintheschools.org.

September 30th begins our first set of **WITS Labs** (cooking classes). I will be discussing the beauty of the tomato and making a delicious homemade tomato sauce with students in grades 2nd – 8th. Please be on the lookout for the WITS

Lab brochure we send home with this recipe and others that feature tomatoes.

Interested in health and wellness? Have ideas for specific wellness-themed activities you would like to see at MSC? **Join our Green & Wellness Team!** The Wellness Committee consists of MSC parents and caregivers, students, teachers, and school administrators who are passionate about making healthy living a priority in our school.

If you should have any questions or would like to join our Wellness + Green Team, you can always reach me at sara@wellnessintheschools.org.

I look forward to a productive, collaborative year.

All the best,

Sara Fry
PS333 WITS Cook

Wellness in the Schools inspires healthy eating, environmental awareness and fitness as a way of life for kids in public schools.