

Celebrate Earth Month

Join us in celebrating Earth Month 2020! Why not see how much you know about Planet Earth, sea life, plants and food? Watch [this environmental educational video](#), then take the quiz to test your knowledge. Have fun and good luck!

Coach For Kids Highlight of the Month



Join WITS Coach for Kids NYC Program Manager Errol Jones, British Army Royal Engineer and International Athlete for a [WITS FIT Bit Triathlon!](#)

FAMER Wellness App



Get at-home WITS wellness programming for your school through our Famer App. In an email write wendy@wellnessintheschools.org, identify your school and write "I Want Famer."

WITS FIT BIT: A Walk in the Park

Today's FIT Bit is a 8 minute walk in Central Park with Chef Program Manager Rebecca Johnson. [Move in step with the video as we walk together around the Harlem Meer in Central Park.](#)

Green for Kids - Grow Your Own Scrap Garden



Learn from Chef Jenee how to grow [romaine](#) at home from scraps. See these [other scraps you can grow](#). Send your pics to social@wellnessintheschools.org

Education: Online Tutoring

We applaud parents for the great job they are doing homeschooling, making breakfast & lunch, taking fitness breaks, doing homework and all the rest! Here are remote learning resources we hope can support you in your efforts to keep your child's education on track from the [New York public library](#). More educational and interactive [gaming apps for children that don't need WiFi](#):
COVID-19 Explained to Kids
Explore what kids might want to know about Covid-19. Print and show them how to make their [own comic book](#).

Dear Parents, Administration and School Community,

All of us at WITS have been missing your entire school community, especially the students we work with each and every day. We have been thinking constantly about ways in which we can stay connected while staying-in-place. Our first thoughts are for the safety and a of you and your families. We are happy to send this Wellness in the Schools "Family Resource Essentials" Newsletter, created just for you. A newsletter will be sent to you a few times per month as a resource of information for your communities. Your Wellness in the School Chef's and Coaches want to keep in touch with you! We encourage you to contact us with updates on projects that you might be working on, plus any content you would like to see from us, Coach, Cook and Green.

-The WITS TEAM

WITS Community Partners

We congratulate partners nationwide for working together with us in schools to ensure that students see, taste and cook nutritious foods in their communities. See our great partners and their work [HERE](#)

Eating Healthy At Home with AHG
[Alliance for A Healthier Generation recipes and healthy eating tips.](#)



Family Fun

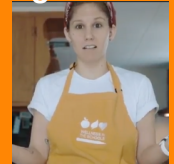


Watch 7 Days of Disney Plus with a [free trial](#): Enjoy Disney, Marvel and National Geographic programs
See zoos, aquariums, and museums around the world for free, right from your home [HERE](#)

WITS BITS: Power Water

Join Chef Cait making Power Water with fruit, vegetables or herbs. Every two days add water to provide a refreshing, healthy drink. Use [Power Water](#) to refill your glass or water bottle with something good for the entire family with no sugar added.

Cook For Kids Highlight of the Month



Join PS85 in the Bronx, PS132 & PS217 in Brooklyn, WITS Chef Liaison Chef Cameo Fucci for a WITS Lab-at-Home making [Braised Carrots](#).