

# Wellness @ Ward

## January Newsletter

William B. Ward Elementary School  
311 Broadfield Road  
New Rochelle, NY 10804



Dear Parents, Guardians, and Community Members,

The Ward Wellness Committee is looking forward to welcoming in the New Year in a healthy and positive way! We are looking forward to a new year filled with healthy food choices, physical activity, and positive attitudes towards eating healthy and staying active.

We would love to have your help as well. Please help to reinforce these healthy food choices at home, as well as providing your child with time for physical activity. In addition, for school birthday parties, we are trying our best to persuade children to ask for healthy snacks such as fruit kebobs, cantaloupe smiles, or other fun treats, instead of cupcakes. Perhaps you may even want to send in a small gift such sharpeners or pencils for the class. These are affordable gifts, can be used by all children, and do not encourage sugary treats!

We are happy to hear your stories, feedback, and questions. Please e-mail us at [Wellnessatward@gmail.com](mailto:Wellnessatward@gmail.com). We thank you for your time and support.

Sincerely,

The Ward School Wellness Committee

# Wellness @ Home

## Healthy Recipes

### Lemony Salmon with Whole Wheat Penne, Peas and Dill

#### Ingredients:

- 1 (12-ounce) boneless, skinless fillet salmon
- 1/2 teaspoon lemon zest
- 1/4 teaspoon ground black pepper
- 8 ounces whole wheat penne pasta
- 1 cup fresh or frozen petite green peas
- 3 cups packed baby spinach leaves
- 1/4 cup chopped fresh dill
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon crushed fennel seeds
- 1/4 teaspoon fine sea salt

#### **Method:**

Bring a large pot of salted water to a boil for cooking pasta. Preheat the oven to 350°F. Place salmon on a baking sheet and sprinkle with lemon zest, salt and pepper. Bake until cooked through, 18 to 20 minutes.

Meanwhile, add pasta to boiling water and cook until tender, about 9 minutes. Add peas to the cooking pasta 2 minutes before pasta is done. Reserve 1 cup pasta cooking water. Drain pasta and peas and return to the pot. Stir in spinach, dill, lemon juice and fennel seeds and toss until well combined, adding pasta water as needed to moisten. Flake salmon into bite-size pieces and serve over pasta.

#### Nutritional Info:

**Per Serving:** 400 calories (80 from fat), 9g total fat, 1g saturated fat, 60mg cholesterol, 290mg sodium, 49g carbohydrates, (8 g dietary fiber, 4g sugar), 31g protein.

Recipe can be found at: <https://www.wholefoodsmarket.com>

# Wellness @ Knowledge

## Fitness, Wellness, and Info

Whether it's winter or summer, ice skating can be a great year-round activity to keep you active and fit. Of course, you don't always need a frozen lake to enjoy ice skating, as many major cities have indoor ice skating rinks that allow you to enjoy the activity even if it's 100 degrees outside. The stability, control and strength involved in ice skating, either competitively or recreationally, are key elements in the activity that make it a fun and healthy activity for all ages and abilities.

Here are the Top 10 from Health Fitness Revolution and author of the book [ReSYNC Your Life Samir Becic](#):

- **Better balance:** Ice skating helps improve your balance through fun and positive exercise. Travelling across an incredibly slippery surface should quickly train you to stay on your feet.
- **Improves joint flexibility:** If your leg joints creak every time you rise from your bed in the morning, ice skating could offer a real solution. With its emphasis on quick foot movements and strong knees, your leg joints will receive a great workout and hopefully feel more flexible in no time.
- **Builds leg muscles:** Focusing on lower-body movement, ice skating offers great exercise for the leg muscles, building and toning them up over time.
- **Cardio:** Aerobic exercise is an important aspect of cardiovascular health, and ice skating provides a great aerobic workout. The best part about skating is you get a great cardio workout without even knowing it.
- **Endurance:** Ice skating requires energy over an extended period of time, making it a great way to build your endurance. The longer you skate, the more you'll improve your endurance, not just for ice skating but for other sports and activities as well.
- **Weight management:** If you are trying to lose or maintain your weight, ice skating is a good way to burn calories while having fun! Ice skating burns from 300-650 calories per hour, depending on how hard you skate.
- **Stress relief:** Regular physical activity like ice skating can help combat the effects of stress. Ice skating is one of the most fun ways to exercise, especially if you skate outdoors where you can soak up the scenery and enjoy nature.
- **Improves joints:** Through gliding and synchronized movement of the legs, the joints and muscles will get a great workout and will become flexible in no time. Skating is said to be more beneficial than cycling and running. Ice skating works almost every major muscle group in the body, including joints.
- **Mental fitness:** The fresh air and sunshine in outdoor ice skating, as well as the company of family and friends, greatly help in unwinding from a long week of work and stress. Self confidence is definitely improved as well.

# Ward WonderKid

## Gabriel Kramer-Griffith

Gabriel is a role-model when it comes to leading a healthy and active lifestyle. Gabe has been a runner since the age of 5. He started with a mile race at Monroe College in 2012, and completed a 5K race in Rye in 2016. He has competed in indoor track meets in Brooklyn, and can even be found running to school with his mother. He is now biking to and from Ward one to two days a week. In addition, Gabe plays on a travel baseball team and tackle football. He will likely enter a Spartan race and do a "Turkey trot" this fall.

Gabe is also a role-model when it comes to being nutritious! He drinks healthy smoothies and always takes his vitamins. Even better, Gabe drinks lots and lots of water, and prefers it over soda and sugary drinks.

Over the summer, Gabe was gifted a new mountain bike. He loves to head out on the Leatherstocking trail to hit the jumps. This summer, Gabe and his mother enjoyed a lot of mountain biking, white water rafting and swimming in the ocean during family vacations. He is a third generation runner, taking after his grandfather and his mother. Gabe's mother has said that "he is already much faster than I am!"

Gabe has said, "Running makes me feel like a bird flying in the air. Crossing the finish line is a relief but also an accomplishment. As often as I can, I ride my mountain bike to school and each time I try to surpass my last time. Even though soda and junk food are addictive, try a strawberry banana protein smoothie and you'll see why I beg my mom to make them for me. Try to be active even in the cold weather. I've worked out with my mom at the gym, done morning push-ups and hauled in wood for the fireplace. Variety is important too— I've kayaked, gone skiing, played golf, and done archery. Gotta go jump on my bike, see you on the road!"

We are so proud of Gabriel's dedication to health and wellness. We wish him all the best!

