

# Local School Wellness Council News

Hello Wellness Teams!

Thank you to all the schools that have submitted their action plans, budget and mid-term reports. For those schools that haven't finalized please do so by December 22<sup>nd</sup>. The purpose of the action plan is to serve as a living document for your team. You may add action steps or make adjustments to your budget as you move along with your wellness plan.

If you know of any opportunities, events or would like to highlight and share something that your school is doing please email me with the details. This newsletter is to provide you with ideas, wellness tools and opportunities that may be useful to your school.

As always, I'd love to hear from you. Have a wonderful Holiday Season!

Best,

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## Wellness News from MCPS

The University of Maryland Extension program hosted a Train the Trainer teacher session at Sally K. Ride E.S. *Read for Health* is a language arts-based nutrition and physical activity education curriculum for pre-K and elementary school students. *The program* uses reading to teach the importance of healthy eating and physical activity. Health messages conveyed through selected books are reinforced with activities and food tastings. If your school goals include nutrition education and you would like to learn more about the program, please contact Joi Vogin, [jvogin@umd.edu](mailto:jvogin@umd.edu) or visit the website at: <https://extension.umd.edu/fsne/fsne-youth-programs/read-health>.



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## Thriving Germantown Community HUB - Daly E.S

Montgomery County Public Schools, along with several partners, recently kicked off Thriving Germantown, a community health and social services HUB at Capt. James E. Daly Elementary School, which will provide support for many of the school's students and families. The Community HUB will act as the central provider that registers and tracks individual and family risk factors, making sure their health and social needs are identified and addressed. The Thriving Germantown Community HUB will utilize five Family Care Connectors, each of whom specializes in one of the following areas: behavioral health, health and wellness, early care/education, emergency assistance/housing, and economic sustainability. A Pathway of intervention activities is then tracked from start to finish. Health and Wellness outcomes may include linkage to a medical home or whether a child has been vaccinated. Congratulations to Daly's Principal and team for their vision and work in the Germantown community.



## MANNY Mobile Kitchen and POP-UP Pantry

Manny is the new Manna Foodbank Mobile Kitchen & Pop-Up Pantry (MMK). The MMK is a transformed school bus that will act as a cooking classroom for all ages. Manny can bring hands-on cooking education to children, their parents, and seniors. The bus will also be used for targeted food distribution in areas with limited food access. MANNY has visited Gaithersburg E.S and Daly E.S.



## DC Greens Food Education - Open to MD teachers!

DC Greens uses existing infrastructure and partnerships to provide support for teachers looking to infuse food systems education into their curriculum. In its seventh year, the Trellis Program supports teachers to integrate food systems education into their curricula, and supports administrators in prioritizing food education in the city's school systems.

*Jan 19th - Food Justice*

*March 17th & 18th - LifeLab Growing Classroom Workshop at Oak Spring (for MD and VA teachers only) [REGISTER HERE](#)*

*April 27th - Digging Deeper*

*May 25th - Cooking with Kids*

For more information, visit <http://dcgreens.org/food-education/>

