

December 2020

# WYANDANCH UNION FREE SCHOOL DISTRICT WELLNESS WARRIORS NEWSLETTER

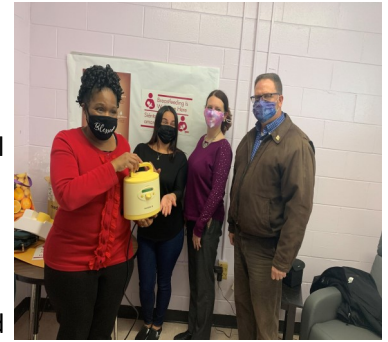


## Milton L Olive Middle School is the Second School in the District to earn Breastfeeding Friendly Worksite Recognition

Congratulations to Milton L. Olive Middle School for joining Wyandanch Memorial High School to be the **first and only two schools on Long Island** to hold this important title. In 2017, the Wyandanch Union Free School District Board of Education unanimously approved a new policy establishing the District as a Breastfeeding Friendly Workplace.

Employees of the Milton L. Olive Middle School, including three current teachers, now have a comfortable lactation space – a private and welcoming environment where mothers can relax and pump breastmilk. Thanks go out to the custodial staff who painted the room lavender and arranged the room with a new comfortable chair, privacy screen, mini fridge and table, provided by the Breastfeeding Resiliency, Engagement, and Empowerment (BFREE) team at Cohen Children’s Medical Center, all under the guidance and support of principal, Dr. Darlene White.

The BFREE team, supported by a grant from the New York State Department of Health (NYSDOH) called Creating Breastfeeding Friendly Communities, partners with Long Island communities to help mothers reach their breastfeeding goals and to reduce disparities. BFREE's participation in the Wyandanch Wellness Committee acquainted the team with the appropriate school leaders. The Wellness Committee, established through Western Suffolk BOCES' Creating Healthy Schools and Communities and also funded by NYSDOH, has brought together numerous funded partners and local organizations to meet need, build capacity, support and publicize successful outcomes.



## 25 Steps to FITmas (BACK BY POPULAR DEMAND)



We’re bringing back the 25 Steps to FITmas challenge for the month of December, created by members of the Leaders of the Future two years ago - 25 days of healthy activities including walking and yoga poses to do alone, with family and/or friends!

- |   |                             |   |
|---|-----------------------------|---|
| Day 1: Walk for 10 mins                               | Day 9: Walk for 18 mins     | Day 18: Play a board game with family and friends |
| Day 2: Try a new yoga pose                            | Day 10: Meditate for 5 mins | Day 19: Walk for 28 mins                          |
| Day 3: Walk for 12 mins                               | Day 11: Walk for 20 mins    | Day 20: Give a compliment                         |
| Day 4: Eat only health snacks (fruits and/or veggies) | Day 12: Do 15 jumping jacks | Day 21: Walk for 30 mins                          |
| Day 5: Walk for 14 mins                               | Day 13: Walk for 22 mins    | Day 22: Meditate for 10 mins                      |
| Day 6: Drink 8 cups of water                          | Day 14: No soda!!!          | Day 23: Walk for 32 mins                          |
| Day 7: Walk for 16 mins                               | Day 15: Walk for 24 mins    | Day 24: Random act of kindness                    |
|   | Day 16: No candy/sweets!    | Day 25: MERRY FITMAS!                             |

**SNAP-Ed New York Nutrition Chats:**  
11:00 am  
12/1-Get Creative in the Kitchen  
12/8-Sugar Shockers  
12/15 Weeknight Meals Made Easy  
<https://cornell.zoom.us/j/98854791947>

Meeting ID: 988 5479 1947



### \$5,000 No Kid Hungry Grant Award

Congratulations to Food Service Manager Ms. Deborah Rhodes, for receiving a \$5,000 grant to support the meal program.



Creating Healthy Schools and Communities

**WARM WISHES FOR A SAFE & HEALTHY HOLIDAY SEASON!**

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