What is FRESH in Fauquier County Schools?

It seems amazing that FRESH has been in Fauquier Public Schools for almost three years. Advances in cafeteria offerings, FRESH clubs, and FITS in the classroom have been substantial. As we approach year four, we are fine-tuning our message of creating a culture of health and fitness in the schools and the community.

In this issue, you’ll get to know Maya Sivels, FRESH Adaptive PE FITS and understand how she supports Fauquier students with special needs. Read more about Chef Natalie’s continued support of Fauquier County’s Nutrition Department and “How FRESH New Recipes Get to YOUR School’s Cafeteria!” Don’t miss her Strawberry Fields Salad recipe—it’s delicious!! Additionally,

FRESH FITS had a great time at this year’s Instructional Showcase. Pick up some tools of the trade in “Showcase: Fitness Integration Training for Teachers.” Lastly, we anticipate a great summer! Get to know what’s happening at the Warrenton Farmers’ Market in “Fun, Free, and Healthy” and find summer “Camps for Students with Special Needs.” It’s been a great year, and we’re looking forward to continuing our momentum in the 2019 – 2020 school year. The FRESH team appreciates your support throughout the first three years of FRESH and anticipates even greater participation in FRESH initiatives as we move to year four and beyond.

Pam Pulver
FRESH Supervisor

Cafeteria
- 16 cafeteria trainings
- 20 tastings at 15 schools
- 9 training videos/tutorials for cafeteria staff

Classroom
- 244 teachers/staff trained

Clubs
- 102 clubs & over 2,000 students enrolled

Community
- 23 volunteers
- 21 events
- 126 hours of volunteer support
- 14+ local community-based organizations as partners

What’s Inside
- Club Compliments ............... 2
- FRESH Supports Children with Special Needs ............... 2
- Showcase: Fitness Integration Training for Teachers ............... 3
- How FRESH New Recipes Get to YOUR School’s Cafeteria ............... 4
- Fun, Free & Healthy at the Warrenton Farmers’ Market Kids Days ............... 5
- Camps for Children with Special Needs ............... 5
- Fresh Delish: Strawberry Fields Salad ............... 7

Children enjoy making Oat Bites at last year’s Farmers’ Market in Warrenton.

Herb Planting with Master Gardeners.
In an environment where each student’s individual learning content is presented, FRESH is proud to provide Fauquier students with disabilities opportunities and support to develop decision making, problem-solving, and risk-taking skills while also practicing perseverance, diligence, teamwork, and cooperation. This combination of learning objectives is essential to an individual’s ability to contribute positively to society. How? FRESH FITS, Maya Sivels, Fauquier County’s Adaptive Fitness Integration Team Specialist and Adapted Physical Education Consultant challenges these students through movement-centered classes to apply their knowledge and expand their abilities so that they may achieve their full potential.

Ms. Sivels primarily functions as an itinerant. This allows her to service multiple schools for grades K-12. Currently, she has worked with C.H. Ritchie Elementary, Fauquier High School, Auburn Middle School, and Brumfield Elementary. There is no set guideline on which schools she visits; all of her school placements are based on need and population. In regards to frequency and duration, she generally works with two schools at a time for

Supporting Special Needs • Page 6 ➜

FRESH FITS, Maya Sivels

Maya Sivels helps students at Ritchie Elementary cool down by utilizing a variety of breathing techniques seen with different animals.
Showcase: Fitness Integration Training for Teachers

Parents, did you know that each year Fauquier County requires teachers to complete a minimum of two days of professional development? This requirement can be fulfilled by attending the equivalent of those hours through workshops, conferences, or college courses. Fauquier County helps their teachers complete this requirement in many ways—one of which is by hosting the 2019 Instruction Showcase CommUnity of Learners: a day of intensive training sessions for teachers to gain and hone their professional skills.

The FRESH team was thrilled to be a part of this year’s Instructional Showcase held on Saturday, April 6th at Liberty High School. Fitness Integration Team Specialists (FITS) enthusiastically led groups of teachers, administrators, and other school staff members during all four sessions of the event. This instructional focus offers new and different ideas for any grade and any subject to incorporate movement and exercise into the classroom. JR Royston and Maya Sivels led “Get Active in the Secondary Classroom!” and “FRESH Active Learning Toolkit” in sessions 1 and 2. “Get Active” instruction included learning games, alternate assessment strategies, brain breaks, and calming/focusing techniques while the “FRESH Active Learning Toolkit” instructed teachers how to use movement integration tools while teaching standards of learning content. Tracy Riedel and Susan Payne led “8 Kinesthetic Learning Games for Elementary” which integrates active learning technique for grades K-5 and kinesthetic learning in SOL content areas for better student focus and retention of information. Tracy and Susan also led an additional “FRESH Active Learning Toolkit” session. During these sessions, FRESH FITS introduced attendees to many ways of integrating exercise and movement into the classroom with minimal extra supplies while still teaching to the state standards of learning. Participants put these active lessons to the test as they took on the role of classroom students, moving around the room as FITS showed them different games such as 4 Corners, Pair Up, Relay, and Puddle Jump just to name a few. To help make incorporating movement easier when teachers return to their classes, participants received a FRESH Toolkit of items which included an exercise spinner and a set of exercise Scoot cards.
How FRESH New Recipes Get to YOUR School’s Cafeteria!

Peek each month at the back of the lunch menu and you will find a bit of information about the “What’s FRESH” produce item of the month in the cafeteria offerings. In order to roll out these new recipes, Chef Natalie researches and creates scratch recipes appealing to the developing palates of children, focusing on allowing the flavor of each veggie to shine through. In order to implement these new recipes, FRESH provided kitchen equipment such as steamers, ovens, knives, and choppers to make the preparation of fresh foods more efficient, and tested a multitude of recipes in cafeterias during monthly tastings. Sometimes, recipes are adjusted for flavor or in consideration of ease of eating, but the magic really happens at the FRESH Nutrition Staff Training Sessions! Cafeteria lead cooks and other FCPS nutrition staff meet regularly to train on the new recipes and more.

Trainings include how to store, clean, and prepare fresh produce, knife skills for safety and efficiency during preparation, how to utilize herbs and spices for healthful seasoning of foods, and innovative cooking methods for institutional cooking. When asked about the most valuable part of the training, Chef Natalie said, “You would think that would be the knife skills or cooking skills, and those are very valuable. What really stands out to me is that the group comes together to share their knowledge about what foods students enjoy—how they like it to taste and look. Then we talk about how to make it better in the flavor and look categories as well as how to make cooking efficient and retain the quality of food through multiple lunch periods. When we have those kinds of conversations, we harness our various knowledge bases for the good of the group so that creative and innovative things can happen.”

This year Chef Natalie held a special training on a set of entree salad recipes. Debbie Hansen, Fauquier’s Nutrition Specialist who plans the lunch menus, developed the recipes. Each school brought an example of an entree salad that students like and then shared tips on swapping out items for variety. Additionally, attendees discussed how to prepare salads to ensure they stay as crisp and delicious as possible. Guest trainers, Adrienne Blackwell, Lead Cook, and Laura Henson, Produce Preparation Staff from Warrenton Middle School, shared their tips for success including creative garnishes to keep students interested in eating healthy.

Finished salads were donated to Fauquier Families Shelter Services.
Fun, Free, & Healthy at the Warrenton Farmers’ Market Kids Days

This summer, help ensure that healthy habits for students continue by joining in on the fun and free activities at the Warrenton Farmers’ Market on Kids Days! Each month, usually the 1st Saturday from 9a.m. to 12p.m., the Farmers’ Market partners with organizations and programs in the community to provide family friendly activities. The lot at 5th and Lee in Old Town has become quite the place to meet friends, to shop for healthy, local food, and to encourage kids to try something new with the PoP Club (Power of Produce)!

Here are some examples of some of the exciting happenings on Kids Day:

• PoP Club micro-greens and herb tasting with FRESH Chef Natalie
• Plant an Herb Garden Series with Virginia Cooperative Extension Master Gardeners
• Farmers’ Market Bingo (with Prizes!)
• Meet baby goats from Naughty Little Goat Farm
• Make Seed Bombs with Warrenton Youth Town Council Members
• Paint a Farm Animal Craft at the Market Manager’s Tent
• Music arranged by Drum ‘n Strum

2019 Kids’ Days:
May 4th
June 8th
July 6th
August 3rd
September 7th
October 5th

Farmers’ Market Bingo
FRESH PERSPECTIVES • WWW.FAUQUIERFRESH.ORG

Supporting Special Needs

approximately one month. Depending on the need of the school, holidays, and breaks within the month, her time can increase. Although she changes schools throughout the year, she stays in contact with each school for sustainability and support. In addition to supporting students with special needs directly, she also dedicates part of her time to understanding and supporting the characteristics of the Adapted Physical Education (APE) program and assessing how each school aligns with the legal parameters associated with Adapted Physical Education.

Ms. Sivels recently shared her passion for what she does, “Autonomy and physical and social self-efficacy are the foundational components of my path within education. Physical self-efficacy is a person’s perception of their ability to engage in physical activities; social self-efficacy is a person’s perception of their ability to engage socially. Integrating movement into instructional strategies for children with disabilities provides a learning avenue that allows them to physically take control of their learning.” Here at FRESH, we couldn’t agree more. Kinesthetic learning is a great tool for special education because it incorporates each student’s cognitive and motor capacities simultaneously. This method gives students an opportunity to use both factors in an active and fun manner, helping to provide an additional perspective to learning. Adapted Physical Education helps students attain the tools needed to create a healthy lifestyle. “Showing students how to modify activities according to their unique abilities, helps them overcome barriers associated with physical activity and builds confidence. This in return opens up opportunities to engage in social interactions that furthers the development of social skills,” explains Ms. Sivels.

Fauquier is reaching for excellence in school health by addressing the needs of all students. Ms. Sivels is doing an outstanding job and making a significant impact on students with special needs.

Left: When participating in Lava Jump, students crawl through a “cave” and hop on the color poly spot the teacher calls to avoid the “lava.” In the second round, a student from C.H. Ritchie’s K-2 self-contained special education class crawls through the “cave” to sort various letters, A-Z, throughout the classroom.

Below: At Ritchie Elementary School, Mrs. Russell, Special Education Teacher, and Mrs. Scandalis, Instructional Assistant, join students in a game of Exercise the Answer. Each of the poly spots has the Letter “A” or “B” on it. A pattern is written on the board and the students have to act out the pattern by jumping on the corresponding poly spots in the correct order.
Strawberry Fields Salad

From the kitchen of Chef Natalie

**Vinaigrette Ingredients**
(Makes 1 to 1 ½ cups. Serving size 1-2 TBSP depending on size of salad)

- 1/4 to 1/2 cup strawberry preserves, low sugar if possible
- 1/4 olive oil or another oil neutral in flavor
- 1/4 cup apple cider vinegar
- 1/2 cup orange juice
- 1/4 tsp garlic powder
- salt & pepper to taste (just a pinch or two)

**Salad Ingredients:**
Baby spinach (as much as you’d like)
Strawberries (as many as you’d like)

**Directions for Vinaigrette**
1. In a medium or large bowl, mix jam (start with 1/4 cup) & oil with a wire whisk.
2. Add apple cider vinegar, orange juice, garlic powder, salt, and pepper and whisk to combine.
3. Taste with your child and adjust amount of jam if necessary.

**Directions for Salad**
1. If necessary, rinse and dry spinach in a salad spinner or by rinsing and blotting gently with a clean, lint free kitchen cloth. Set aside.
2. Rinse strawberries and lay in a single layer to air dry or blot gently with a clean, lint free kitchen cloth.
3. Hull strawberries to remove the stem and greens. See video for method: [https://www.youtube.com/watch?v=EZyLzRuM-D0](https://www.youtube.com/watch?v=EZyLzRuM-D0).
4. Using a paring knife (or a plastic knife for younger chefs), place the strawberry with the wide side down for stability and cut into 3-5 slices depending on how large the strawberry is. Put strawberry slices in a bowl. Repeat until all strawberries have been cut.
5. To assemble salads, place spinach in a large bowl and drizzle with dressing. Toss to coat spinach.
6. Portion spinach onto plates and top with strawberry slices.
7. Serve and enjoy!

**Chef Natalie’s Notes:**
- Add a protein to make an entrée salad. Grilled or oven roasted chicken works well for the flavor profile of this salad as does extra firm tofu chunks. For variety in texture, try whole wheat panko crusted chicken or tofu.
- Crispy bacon bits, toasted almonds, croutons, or cheese (such as crumbled feta or cubed mozzarella) can give the salad a gourmet touch.
**FRESH New Recipes**

From Page 4

Furthermore, Sherry Garlem, Auburn Middle School Produce Preparation Staff, shared a chopped salad recipe that developed into one of the new recipes for the month of April: Chopped Ranch Salad. When students at Brumfield Elementary tasted the salad, they asked for seconds and thirds! These collaborative trainings harness creative and innovating recipe development, which results in more variety and healthier choices for students at lunchtime. By combining trainings with updated equipment and monthly FRESH tastings, FCPS and FRESH increase the availability of fresh farm-to-school food and encourage healthy choices for our students.

Ω

**Fitness Integration**

From Page 3

This was a great opportunity for the FRESH team to share best practices in kinesthetic learning and support Fauquier’s amazing community of teachers. The FRESH team always enjoys partnering with Fauquier County teachers and administrators and looks forward to future endeavors like the Instructional Showcase.

Ω

“I got some great ideas from the FRESH program to use in my review lessons for my classes as I prepare for SOL’s. Instead of just going over the answers A, B, C, or D, I can incorporate movement using the 4 Corners game or even exercise the answer by using the spinner I received and having an exercise represent the answer choices. I think the kids will find it more fun than the traditional going over answers!”

– Anjalie Parker, Gifted and Talented teacher for grades 3-5 at M.M. Pierce Elementary

Ω

---

**FRESH NEWSLETTER**

The program’s newsletter will be published approximately digitally by the Fauquier Reaches for Excellence in School Health program (FRESH) in partnership with Fauquier County and the School District.

The newsletter is also available in digital format (PDF) online at https://fauquierfresh.org.

Newsletter management:

Kristin Weinzapfel, Editor
FRESH Team: Content Contributors

Please direct all inquiries and remarks to freshfaquier@gmail.com. Mention any advertising questions in the subject line. Letters may be sent to 430 E. Shirely Ave. A-1, Warrenton, VA 20186, Attn: Editor.

May 2019 • Vol.1 • No.2

The use of trade, firm, or corporation names in this publication is for the information and convenience of the reader. Such use does not constitute an official endorsement of any product or service by the FRESH program. In no event shall FRESH be liable for any special, direct, indirect, consequential, or incidental damages or any damages whatsoever, whether in action of contract, negligence or other tort, arising out of or in connection with the use of resources, references, or links contained in this newsletter. FRESH Perspectives newsletter may contain links to external websites that are not provided or maintained by or in any way affiliated with FRESH. Please note that FRESH does not guarantee the accuracy, relevance, timeliness, or completeness of any information on these external links. FRESH Perspectives offers health, fitness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.