




Sustainability, Wellness and Gardening News



Hi everyone! There are a lot of amazing things the SWAG team at MES has achieved this year. Our SWAG team loves helping MES maintain our green ribbon standards for excellence in resource efficiency, health and wellness, and environmental and sustainability education.

Recap of SWAG enrichment so far:

- ✓ Trees Atlanta educating our 4th graders 🌳
- ✓ Wylde Center educating our 2nd & 3rd graders
- ✓ Tons of plantings, growth and education in our garden
- ✓ Participated in the International Walk to School day
- ✓ Jr SWAG led a No Place for Hate assembly for ALL grades!
- ✓ Smoothies made at recess for ALL grades
- ✓ Handwashing lesson presented in classrooms by parent volunteers!
- ✓ City of Atlanta read books about recycling for National Recycling Day ♻️
- ✓ Secured a \$1,500 grant to use in the garden from the National College Football Playoff Green challenge (more below**)



Coconut Strawberry Banana Smoothie

- 1 whole banana
- 3 frozen strawberries
- 1/2 cup full fat coconut milk
- 1/4 cup crushed ice
- 1 teaspoon honey
- 1 small handful baby kale
- Ice

Exciting SWAG enrichment to come:

- ✓ Georgia Walk to School day on March 7
- ✓ Earth Week at MES April 16-20 - SWAG has planned TONS of enrichment for all grades all week
- ✓ Earth Week celebration concert at Sydney Marcus in conjunction with MLPA on April 20
- ✓ Zero Waste lunch campaign during Earth Week
- ✓ Parent University 3/27: Heathy Eating Habits for our Kids with Anne Brendle, MS, CNS
- ✓ Jr SWAG applications for 3rd and 4th graders available 4/9 and due 4/23.

**One component of the grant mentioned above required us to sort and count all the lunchroom trash at MES for one day. We found our findings so interesting we thought we would share them with you below.

4 Things We Learned about Lunchtime at MES:

1. If it's sweet, it's the first thing your kids will eat. Your child may know to wait until the end of a meal for a treat at home, but at school, all bets are off.

2. An empty lunch box does not necessarily mean your child ate everything in it. Start asking your child to bring home what isn't eaten so you can learn and adjust what to pack and not pack.
3. Make it easy to open. We saw lots of kids struggling to open containers, packages, and even fruit.
4. Consider all of the packaging that goes into a single lunchbox. We counted well over 1,000 forms of ziplock bags or packaging tossed in a single day of lunch at MES.