

Westport Public Schools

What's New in Your Schools?

Welcome to your monthly newsletter! We are excited to share our story with you! Over the past several months we have been serving up happy and healthy throughout the district in a variety of ways!

In spite of the challenges our current environment has caused, we are working hard to make lunch a great experience for our students!

Here is what we have been doing in the cafés!

- **NEW MENU OPTIONS!**
 - Featuring some DELICIOUS Jerk Chicken at Staples!
- **CASHLESS CAFETERIAS!**
 - New lunch ID cards have been a HUGE success!
- **FUN CELEBRATIONS!**
- **OCTOBER PUMPKIN CARVING CONTEST!**



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Spotlight:

Farm To School

Over the past several months we continue to celebrate Farm to School in our schools, featuring locally grown produce on menus as well as nutrition education.

Socially Distanced Cafeterias

Cafeterias at BMS and SHS have been outfitted with colorful arrows and floor signage helping our students to move in and out of the café safely!

New Look, Same Great Taste and Quality!

Our menu options and packaging have been modified to provide for safe and efficient service, while not sacrificing on flavor and presentation!

We Are Team Westport!

At the heart of Chartwells is a strong team of motivated, caring, and conscientious individuals who are dedicated to Westport's students leaving the cafeteria happier and healthier than they came in!

Many of our team members have been in our schools for well over 15 years, some over 30 years, and they love the students and love what they do! We all have the same goal – delivering the best foodservice possible!

Meet some of our team members from across the district!



Angela

Head Cook

Angela has been at SHS for over 15 years!

She loves working at Staples because of all the wonderful students she helps!



Amber

Foodservice Worker

Amber makes the BEST sandwich in Westport!

"My favorite thing about my job is the relationships I get to build with teacher's and students!"



Bill Tomlinson

Chef Manager

Bill used to work on cruise ships!

"My favorite part of the day is keeping our staff and students smiling!"



Meet Ben Lealey, DDS

Hello friends!

We wanted to announce that this school year Deb Vancoughnett, our dining director, retired after 7 great years in Westport!

That being said, I am excited to be taking over as the new Director of Dining Services.

I have served in Westport the past 4 years as the Assistant Director of Dining, and am honored and excited to continue my partnership with Westport in this new role.

I have been instrumental in that time in driving our program to be as excellent as it is, and I look forward to more of the same in 2020!

If I can help at all, or if you just want to say hi, please don't hesitate to reach out to me!

Ben

Discovery KITCHEN

Each month, we introduce a new Discovery Kitchen theme featuring lessons, events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school community.

This month our theme is all about healthiness!

Below are some simple guidelines from Harvard Medical School which you can follow to help you feel your best and control your anxiety during these challenging times.

- Participate in the school food program in your community to receive free nutritious meals for your children.
- Avoid processed foods which tend to be higher in salt, fat, and sugar.
- Enjoy an occasional comfort food.
- Stay hydrated.
- Focus on fruits and vegetables in particular because they are rich in antioxidants which may ease the symptoms of anxiety as well as whole grains, lean meat and low fat dairy.
- Incorporate these specific foods into your family meals which can reduce stress and boost immunity:-
 - Citrus fruit, strawberries and broccoli—all great sources of Vitamin C
 - Complex carbohydrates such as whole grain bread, brown rice, and oatmeal which increase stress relieving hormones, provides sustained energy, and are metabolized slowly to even out blood sugar

