

St. Mary's School
Safe and Healthy School Update #1

Dear Parents and Guardians,

As you know we are always trying to make St. Mary's as safe and healthy environment as possible for our students. It is only if children are spiritually healthy, socially/emotionally healthy and physically healthy that they can be the best learners they can possibly be. The year is well under way and this bulletin is just to share a few upcoming initiatives. Please remember if you wish to be involved in this committee please contact the school. We are always looking for additional help.

Healthy Eating:

Snack Programs: Our weekly healthy snack program is up and running. On a weekly basis every student in the school is provided with a free healthy snack to sample. It is hoped that this program will help students be exposed to a variety of healthy food options and encourage healthy snack choices.

Also our snack buckets will once again be available in each classroom in the event of students not having enough on their lunch or accidentally missing a meal.

Milk: In an effort to promote milk as a healthy food choice and to make it more cost efficient for families the cost of a daily milk will be lowered to **.75**. We are currently investigating a system to pre-buy milk for your child on a monthly basis. **The new price for milk will come into effect on Oct. 5th.**

NEW!!!! Fruit Smoothies: We are very excited to be starting a new healthy food program in our school. Working in conjunction with *Arthur's Fresh Fruit Smoothies* students will now be able to purchase fruit smoothies every Friday for a cost of **\$1.50**. It is hoped that this program will help promote the ideal intake of fruit. These smoothies are all natural and made only with real fruit and vegetables. Please see the attached flyer for more information. All students in the school were able to sample the smoothies to ensure they like the taste of them. Two flavours, Mango and Berry, will be available for **purchase every Friday beginning Oct. 9th.**

Peaceful Playgrounds:

We are continually trying to work on ways to keep our classrooms and playgrounds a peaceful and safe place for all our students. A number of initiatives are in place but we are always trying to expand what we do. In this ongoing effort we are initiating an extension program to our school. This program is called Peer Pals and focuses on keeping children actively involved in healthy playground games. We are having a presentation on this program to introduce it to the school on **Wed. Oct. 7th at 3:45 in our school library.** If you would like more information on this program or are willing to help with it at our school we would love to have you come.

Active Living:

In an effort to keep our students as physically active as possible we continue our 20 min of daily physical activity. In addition we are striving to include as many students as possible in sporting events. It is only through the help of parent volunteers that we are able to take double teams to all sporting events. We thank those parents who have been making this possible.

Mental Health:

As we know our society is a very stressful one for our children to grow up in. The school continues it's partnership with The Huron Perth Center and with Allyson Austin through our local CAS. If you would like to pursue support for your child through either of these agencies simply contact the school for further information.

Healthy School Designation:

Every year St. Mary's applies to be recognized as a Healthy School and in doing so receives grant money to help carry out Healthy School initiatives. Healthy Schools try to pay attention to Healthy Eating, Physical Activity, Mental Health, Bullying Prevention, Substance Abuse, Personal Safety and Injury Prevention, Healthy Growth and Development. It is best to have as many people involved in this important work as possible. If you are interested in helping in this area there is a free workshop being offered on these topics on Oct. 7th at Clinton Public School from 4:30-6:30 p.m. (free dinner provided) Please let the school know if you would be interested in going to this informative workshop.