Minto-Clifford Public School

September 2016 Newsletter

R.R. #1, Harriston, ON N0G 1Z0 **Ph. # 519-338-2920**

www.ugdsb.ca/minto **Twitter @MintoStorm**

Principal: Shelley Grose Vice Principal: Mark Turner Office Coordinator: Michele Aitken

Principal's Message

Welcome to the 2016-2017 school year! I would like to say a special hello to all our new students and their families, particularly our new Kindergarten students. This year we have had a record number of new students! I hope all families have had a relaxing and fun filled summer!

I am excited to begin our school year with many activities already planned for the month of September. It promises to be a full month of mentally and physically rewarding challenges. I look forward to seeing all of our Minto-Clifford families over the next few weeks and at our "Meet the Teacher" Open House (To be confirmed).

I am delighted to welcome several new staff to our school:

- A. Stevenson - Intermediate Core French
- Mrs. A Ferguson - Grade 4 / 5 Classroom Teacher
- Mrs. S Campbell - EA
- Mrs. T Park - LTO ECE
- Mr. R Marshall - CYC

A Special Thank you

I would like to extend our appreciation and thanks from all of us at MCPS to Mrs Cronsberry and Mrs Denstedt, who spent the summer cleaning chairs and desks, shining floors, polishing windows, moving furniture and an endless array of other jobs. This staff's extra efforts to have our school ready were second to none. I hope you will show your appreciation of their hard work by encouraging your children to do their part to help keep our school and grounds clean and free from garbage and by simply taking the time to say – Thank you.

I would also like to acknowledge all the extra time and commitment the teachers have put into getting their classrooms and our school ready for the 2016-2017 school year. We have had many teachers move classrooms and this adds an extra amount of work. To each of these dedicated professionals, I offer my sincerest thanks. It is your hard work, commitment and dedication that make a difference in the lives of our students.

September Dates

Sept. 6th School begins
Sept. 7th Bully Buster day (wear pink - first Wednesday of each month)
Sept. 16th - 18th - Harriston Fall Fair
Sept. 20th - 24th - International Plowing Match and Rural Expo - Hosted in Harriston this year
Sept. 19th – 22nd Book Fair
Sept. 22nd - Open House/Meet the Teacher **(6:30 - 7:30 P.M.)**
Sept. 29th School Council Mtg. 6:30-7:30
Sept. 29th Terry Fox Run & School Pride Assembly (1:40)
Sept. 30th - PA Day

School Reorganization

Message from the Elem. Superintendents of Education

Schools have built class lists based on their **tentative organizations**. Changes may be necessary at your child(ren)'s school in order that our Board remain compliant with Ministry parameters (see below). Any changes would be implemented by Monday, September 19th at the latest.
Principals do not have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes affect your child(ren), you will be informed by the school.

Ministry of Education Parameters

- 90% of the Board's primary classes with 20 or fewer students.
- 10% of the Board's primary classes up to a maximum of 23 students.
- Grade ¾ classes have a cap of 23 students.
- Junior/Intermediate Class Size Average for the Board is 25.4 students to 1 teacher.

Medication

Please remember that all student medication must be stored and administered from the office. In order to give any medication, including aspirin we must have the appropriate form completed and signed by a parent or guardian.
If your child requires medication at school, please contact Mrs. Aitken, in the school office so that she can make sure that you have the appropriate form to fill out. We require updated and signed forms **each year**.
Children requiring medication such as EPI-PENS, Asmtha or any other life threatening conditions, please call Mrs. Aitken for more information and to set up a "Life Threatening Management and Prevention Plan."

Balanced Day Schedule

Our school follows the Balanced Day schedule as follows: **Please note students should not be on the yard prior to 8:30 since we do not have staff on yard duty prior to this time.**

8:30 - 8:50 Outside Supervision
8:50 - School Entry
10:40 – 11:10 Outside Recess
*11:05 - 11:25 1st Nutrition Break
12:55 - 1:15 2nd Nutrition Break
1:15 – 1:40 Outside Recess
3:20 Dismissal
3:20 – 3:30 Outside Supervision

Please note that first Recess and Nutrition break has changed with a flip of the schedule.

Student Safety

When picking up children at 3:20 please remind them they are **not to play** on the primary creative or Kindergarten creative. These structures **need to be supervised** do to the risk of injury and our staff is patrolling the pathways for only 10 minutes. We do not want children hurt while you are talking with friends.

Freedom of Information and Protection of Privacy

The Freedom of Information Act directs schools not to post class list at any time. Please read the Freedom of Information letter that goes home on the first day of school carefully.

Student Information Forms

It is important to let the school know if there are any changes in your personal information (i.e., home/work numbers, emergency contact, etc.). In the event of an absence or emergency, we can contact you immediately. The student information forms will be coming home during the second week of school for you to update. Please sign and return this sheet to the school as soon as possible. **Remember we do need an emergency number in case we can't get a hold of you.**

Life Threatening Medical / Ryan's Law

Do you have a child in our school with a Life Threatening medical situation? (e.g. Peanut, Diabetes, Asthma) Forms will be sent home to the students that we know of. These need to be signed and dated by your doctor. If you are new to our school please come in for the forms.
Allergies: There are several students at our school who have severe allergies to peanuts and/or nut products. While we do not guarantee a peanut free environment, we would appreciate your assistance in helping us to provide a safe environment for all of our students by providing your child with food other than peanuts or peanut butter.
We have been asked to inform parents of the difficulty in telling the difference between a peanut butter sandwich and that of one made with "Wow Butter" or "School Safe Soy Butter". As such, these items are restricted items and should not be brought to school. These products could give students who cannot tell the difference, the false impression that it is safe to bring peanut butter sandwiches to school. A label on the container does not suffice. It may also require teachers to spend more time monitoring lunches. Allowing this product in the school, could easily make peanut/nut allergic staff and students very uncomfortable and undermine the safety of the classroom.

We appreciate your understanding. Our staff is made aware of all students who are at risk (peanut allergies, bee sting allergies, etc.) and are trained in the administration of an epi-pen.

Scent Awareness

For most of us, scented products only become a problem when a person nearby uses too much perfume. For students and staff who have a significant sensitivity to perfumes and other scented products, exposure can affect their health. The scents can result in migraines and/or breathing problems. Minto-Clifford has staff members with this sensitivity. As a result, we have posted signs at our entrance doors to help everyone to reconsider wearing scented products while at school. Thanks for your cooperation in encouraging your child to refrain from wearing scented personal care products.

Newsletters & Handbooks

In an effort to reduce the waste of paper, chemicals and time to help support the greening efforts of our community, monthly school newsletters will continue to be posted online at the beginning of each month. Please go to this site and sign up to receive monthly reminders that the newsletter has been posted, learn about our school, get updated information and to view the yearly events calendar.
http://website.ugdsb.on.ca/minto/

Another option is to follow us on Twitter! @MintoStorm

Check us out!

Another important website is www.ugdsb.on.ca. You will find information about school bus cancellations on inclement weather days and lots of information that pertains to our board and schools.

Agendas

Students in grades one to eight will be receiving agendas. Agendas are an excellent means of communication between home and school. We appreciate your contribution of $6.00 for each agenda to help cover their cost. Cheques are made payable to Minto-Clifford P.S. You can also purchase on School Cash (below explains our online banking). The agenda is used as a form of communication between home and school. We encourage you to use your child's agenda for ongoing communication and to read our Parent Handbook and Code of Conduct on our website for additional information.

Insurance Forms

The Upper Grand District School Board is empowered under the Education Act to offer Accident and Life Insurance for students. During the second week a brochure will be coming home with information on plans offered by the Board through Reliable Life Insurance Company. A variety of options, including family rates are available at affordable prices. Should you chose to sign up;

the forms are sent directly to the company. A letter indicating you do not want this insurance is to be returned to the school. This insurance is inexpensive and worth considering.

Walking Trips

During the school year, classes may take supervised walks to a variety of locations throughout the community. Unless you request otherwise, this may be the only notice you will receive regarding these walks. A 'blanket' permission form for walking excursions in our community will be sent home with your child. You will be informed about bus trips well in advance of the departure dates through the printed blue trip forms.

Healthy School Committee - Walking is good for everyone

An increased number of parents are choosing to drive their kids to school, even when it's easily within walkable distance. Over the past 20 years the percentage of children travelling to school by car has doubled, most of these journeys are less than two miles.

School Entry and Dismissal

We would like to remind students and parents that our school day begins with the **8:50 a.m.** bell unless there is inclement weather. We ask that parents drop off and pick up your child outside at their designate door. **Students walking should NOT arrive on the school yard or in the school before 8:30,** there is no supervision prior to that time.
When parents and/or visitors come to the school (even if they come every day), we ask that they sign in the visitor book at the front doors and please report to the office. We ask you to enter through the front doors. It is imperative that we know who is in the school at all times for safety reasons.

Safe Arrival & Pick Up

As in past years, the school will contact parents or guardians of all students who are absent from school without notice, to ensure each student's safety. On some days, this can amount to numerous phone calls and hours from the office staff. You can assist us by phoning 519-338-2920 and recording your voice mail message about your child's absence on our attendance line. We also ask you to let us know the reason for your child's absence because information about illness patterns may be tracked by the Wellington-Guelph-Dufferin Health Unit.
If there is a change in home-time procedures, please send a note in your child's agenda with the details. If you must communicate any details with the office, please do so **BEFORE 2:00 p.m.**

NEW Online banking

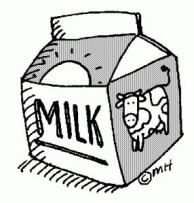
In an effort to accommodate our families the U.G.D.S.B. is implementing online banking. No more searching for a cheque or cash at the last minute!!! Please register as soon as possible. Once registered, if your class is requesting money for an excursion, pizza, etc., you will receive an email in advance. No more searching through your child's backpack. You will KNOW that there is something coming home soon. MINTO CLIFFORD P.S. COMMUNITY … LET'S GET ON BOARD WITH THIS 100% Online will now be our 1st choice. Cash and cheques will still be accepted if you do not have access to internet.

School Pride Assemblies

We will be continuing with regular end of the month **assemblies**, and we will usually have them on the **last Friday each month.** Classes are welcomed to present at each assembly and teachers will keep you informed through their classroom newsletters if their class has volunteered so that hopefully, you can arrange to attend.

Pizza/Sub Days

Healthy pizza and sub sandwiches will once again offered this year. The nutritional guidelines have been set by the Ministry of Education (policy 151) so that levels of fat and sodium are healthy for our students. More information will be coming home regarding starting days and payment schedules. We plan to begin this program in October. To make life easier for busy families, we will be selling pizza and subs by each term. Payments will be due at the end of September and at the end of January.



Milk Program

Minto-Clifford will once again be offering white and chocolate milk to students at lunch time. Tickets for 20 cartons of white or chocolate milk can be purchased for $15.00 from your child's classroom teacher. We use milk cards to keep track of orders and they are "punched" or marked off as students receive their milk

Students are eligible for milk prizes if they participate in the milk program. Prizes are provided by the Ontario Milk Marketing Board.

Volunteers

We love our volunteers and could not function without them! Please consider spending some time volunteering at Minto-Clifford. You can help by preparing materials, listening to students read, participating in a trip or shelving books in the library. If you have a special skill or talent, let us know. Contact your child's teacher directly if you are available to help. Volunteers will be asked to fill out an information form, police check and sign a confidentiality agreement. Please drop by the Office to pick up an identification pin or sticker when you begin volunteering at the school.

PARENT INVOLVEMENT IN SCHOOL

There is a great deal of information and research out there that talks about Parent Involvement in Schools. There are Parent Involvement Committees, Parent Advocacy Groups, Parents for Education and Parent Councils. There is also the 24 hour a day, 7 days a week, parent responsibilities of work, home and outside activities that require our attention. In today's world - parents are pressed for time.

So what do you say when you get that request from us, your children's school to volunteer? How can you fit it all in this school year? How do you stay involved in your child's education, manage all of your other responsibilities and carve out even a minute for yourself?

The good news is that the research about Parent Involvement has shifted. While we used to talk about parents being in the schools (which we'd still love to see happen), it now talks about ways that we can work together to support your children's well being and learning. John Hattie (2009) suggests that you can best support your children's learning by talking with them. When you do this, he suggests that children will be more successful at school. As the start of the 2015-2016 school year begins, make it a daily habit to talk with your children about their day at school. Other than the traditional, "what did you do at school today", try these questions to get more than the typical "nothing" response.

What helped you learn today?
What was hard for you today?
What are you going to try to do differently tomorrow?
What questions did you ask today?
What questions could you have asked?
What are you interested in learning more about?

As your children's teachers, educational assistants, principals, vice principals and office and custodial staff we value and want your support. Support however comes in many shapes and sizes. Being involved includes more than attending Open House, Parent-Teacher interviews and meetings, reading the school and classroom newsletters and volunteering. Being involved means being a partner in your children's education. It means talking and working with your children's teacher to ensure your children are coming to school each and every day this school year ready to learn. Support means being a listener, asking questions, mentoring, being a coach, talking about school and being a co-learner. (Building Parent Engagement 2011)

Parent involvement means holding high aspirations and expectations for our children. (Hung & Ho, 2005) Expect the best from your children, hold the bar high and this school year when you ask, "What did you do at school today?" don't accept "nothing" as a response. There's a lot

going on in school and as partners in your children's education, we want you to know about our day at school!

UGDSB Program Department

Terry Fox Run

On Thursday, September 29th our whole school will be participating in our annual Terry Fox Walk (weather permitting). Students will hear about this amazing Canadian hero and will be invited to bring a Toonie to support the Terry Fox Foundation. Parents, grandparents and younger siblings are also invited to join us for our annual Terry Fox walk.

Needed: Supply Paid Lunch Time Supervisors

Our dedicated paid lunch time supervisors for September are Yvette, Tammy, Laura and Jana this school year. Sometimes one or more may not be available for various reasons. We have a short list of people available to supply for our regular supervisors. If you are interested and have a recent police records check (within the last six months), please call the school and let us know.

School Council

A very important and necessary part of parent and community involvement is the MCPS School Council. Every year a dedicated group of parents meet every other month to discuss the learning goals of the school, collaboratively explore where support can be provided to enhance student learning and create opportunities to increase parent involvement through special events and programs. This year come out and learn about what's happening at our school. At the first meeting in September, a new executive will be chosen and priorities for the year will be discussed. All are welcome and encouraged to attend. School Council will be meeting on **Thursday, September 29th from 6:30 to 7:30 p.m.**

Fundraising

We would like to remind you that the Minto-Clifford School Council collects grocery tapes from the L&M in Harriston and Palmerston. These tapes are collated by the School Council community representative, Mrs. Dorothy Pike. We also

welcome Canadian Tire money in order to purchase recess equipment for our students to use.

Open House

We hope that you are able to join us on Thursday, September 29th from 6:30 - 7:30 pm for our annual Fall Open House. We look forward to meeting you!

BUSES AND ARRIVAL PROCEDURES

At Minto-Clifford we have full buses taking students to and from school safely. All buses will be loaded and unloaded at the Bus Loading Zone at the front of the school. This zone is reserved for buses only. Each bus has a number associated with it and bus patrols have been assigned to help our younger students get safely off and on the correct bus. Teacher supervision at bus arrival and departure times is also a constant at Minto-Clifford.

Please remember that students need to enter the playground off the pathway at the back of the parking lot and that the parking lot is reserved for our growing staff. Designated stopping and parking zones for our MCPS families are available at the back of the parking lot **not at the front of the school**.

Bus Information

Please let us know through a note or a phone **call prior to 2:00** if your child will not be on the bus at night. Students are not allowed to change buses or go home with other students on their bus unless it is an extreme emergency. All changes for the bus must be arranged through the Wellington- Dufferin Transportation Consortium at (519) 824-4119.
Our bus patrollers are on duty again this year to assist our students. They are dedicated volunteers doing a very important job. Please discuss the importance of their role with your children and encourage them to cooperate with and listen to our patrollers.

Bus Safety

Many of our children ride the bus each day and all of them ride the bus for field trips. Please review the code of conduct for bus students and the safety guidelines with your child(ren) regularly throughout the school year.

Upper Grand District School Board
Bus Code of Conduct

1. Follow the directions of your driver.
2. Be at your bus stop 5 minutes before your pick-up time.
3. Stay seated while the bus is in motion.
4. No smoking, eating, chewing gum or swearing.

5. Keep books, lunch boxes and other bulky items on your lap.
6. Students are responsible for any deliberate damage done to the bus.
7. Whenever possible, leave the last row of seats vacant.

Consequences for Inappropriate Bus Behaviour

When a child receives a bus report it comes to the school. Mr. Turner or Mr. Grose will speak to the students and discuss their behaviour and what needs to improve. Parents are notified about the problem. We appreciate you discussing the issue with your child. If behaviour concerns continue to recur, we will consider the suspension of bus privileges.

Please Check for Head Lice

Please check your child regularly for head lice. They are common in summer due to group activities and spread quickly among children who are in close
contact with one another.
Please check all children under bright lights, parting and lifting strands of hair
and looking closely near the scalp. The nits (eggs) are sesame-seed shaped and are usually found in the fine hair behind the ears, at the back of the head and above the forehead.
Our school asks parents of students who have head lice to pick up their children, treat this pesky nuisance and remove all nits, prior to returning to class. All students in the affected classroom will receive a note so that all parents can check their child(ren) in their family for nits or live lice. Please contact the school if you discover lice in your child's hair, and we will have our parent volunteer team check all students in that class, as well as siblings.

Healthy School Committee

Minto-Clifford will be beginning its fourth year with the Healthy School Committee comprised of staff, students, community workers and the Public Health team.
Our first year we completed parent/student/staff surveys looking at areas of focus. After working through the surveys 3 areas of common theme were noted
1. Active living
2. Bullying prevention
3. Healthy eating.

These three areas are a continuous focus within our curriculum but will continue to be a focus around many of our school events.
Second year was spent on continuing our focus on DPA (Daily Physical Activity) and begin a focus on Healthy eating. We were able to start up and provide a daily morning snack program. This program will continue this year with the help of Holly and Stacey. Buckets will be sent to each classroom prior to 8:50 were there will be a snack available for each child. Many children eat their breakfast around 7:00 in the morning and by 9:00 they are hungry. Research has shown that a child with healthy food in their stomach are able to concentrate and learn better. This program **does not replace having a healthy breakfast** but is a top off snack to keep them going until Nutrition Break. As always, if your child has any food allergies or sensitivities please let make their classroom and office aware of this.
This year's focus will be to continue to run monthly events encouraging students to be active, continue with the Healthy eating programs and focusing on our bullying prevention plan and programs in the school. This year's agenda theme is anti-bullying with monthly messages. Please encourage your child to read them and discuss the messages as a family. Every persons'

efforts in this matter will make a difference.

Remember to Label Clothing

It is important to label your children's clothing, knapsack , shoes and lunch boxes. Lots of students have the same shoes or knapsacks and it makes it easy to identify ownership if items are labelled.

Indoor and Outdoor Shoes

Students must have indoor and outdoor shoes. To participate in gym class, students must wear running shoes. Please look for shoes with non-marking soles. Black marks left from running shoes are very difficult to remove from the gym floor.

Minto-Clifford Dress Code

Please review the Minto Clifford Dress Code found in our Family Handbook on-line. Dressing appropriately demonstrates respect towards yourself. It is an important message to give to others.

FSLAC September 2016 newsletter insert

The UGDSB is establishing a French Second Language Advisory Committee (FSLAC). The Committee will serve in an advisory role and make recommendations with respect to the FSL Action Plan and the French Immersion JK Registration Process for 2017 and beyond.
Eleven Committee members will be selected from all areas of the Board, and will be parents of current elementary or secondary FSL students in either French Immersion or Core French programs. Interested parents may forward an application to Superintendent Tracey Lindsay which includes the following:

1. A statement explaining why they are interested in serving on the FSLAC.
2. The current grade their children are in, in what FSL programs and attending which school.
3. A brief outline of your school and/or community volunteer experiences.

Applications may be emailed to Tracey Lindsay at tracey.lindsay@ugdsb.on.ca.

Feedback welcome on draft policies and protocols

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are Public Concerns #215 (closing Sept. 27) and the Police / School Board Protocol for the Investigation of School-Related Occurrences (closing Sept. 30). You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy.

Talking About Mental Health Sept 2016 – Keeping Your Cool as You Head Back to School

Hope that you had a good summer and enjoyed some fun, relaxation and down time. As the children and youth get ready to head back to school, it is important to plan a mentally healthy school year. Some simple steps will help to make this year more positive and less stressful.

1. **Start Each Day With A Positive Thought**
    a. "Today is going to be a good day"
    b. "I am going to have a good day"
    c. "I can do this"
    d. "I have what it takes"
    e. "I feel happy"
    f. "I am strong"
2. **Practice Relaxation**
    a. Start the day with some body stretches.
    b. Take three deep breaths each time you go through a doorway.
    c. Be present: Notice 3 things you can see, hear and touch.
    d. Tense and relax your muscles, releasing tension in your body.
    e. Imagine a place that makes you feel relaxed.
3. **Take Breaks Before You Are Stressed**
    a. Walk to school.
    b. Get outside at lunch or breaks.
    c. Listen to music to relax.
    d. Eat a good breakfast and lunch.
    e. Hang out with your friends
    f. Think of 3 things you are grateful for.

4. **Seek Support**
    a. Talk to your family or friends.
    b. At elementary school, talk to a teacher, principal, or child & youth counsellor (CYC).
    c. At high school, talk to a teacher, principal, VP, guidance, student success, social worker, CYC, or nurse.
    d. Call KidsHelpPhone 1 800 668 6868. http://www.kidshelpphone.ca/
    e. Talk to your family doctor.
    f. Contact community mental health services:

Canadian Mental Health Association WW (CMHAWW):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington:

1 844 HERE 247 (1 844 437 3247)

http://here247.ca/

Dufferin Child and Family Services (DCAFS):
Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.
To access services for Children and Youth in Dufferin: 519 941 1530.
http://dcafs.on.ca/

Family Counselling and Support Services:
Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431 & 400 Tower Street, Fergus (opening Sept 1, 2016).
http://familyserviceguelph.on.ca/

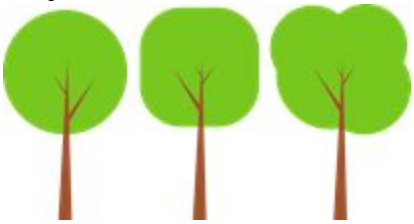
Have a wonderful and mentally healthy school year!

Dr. Lynn Woodford is the Mental Health Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford

Monthly Environmental Activities to help celebrate our planet

September 21st is National Tree Day!

It is vital to teach our children to respect and take care of the environment.



Celebrate National Tree Day on September 21st 2016!

"National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature."
http://www.nationaltreeday.ca/

"*Children today spend less time outdoors than any generation in human history."*
http://getbackoutside.ca/

"For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination." *http://30x30.davidsuzuki.org/*

Some great activities for your family to do on Tree Day, or any day!

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! *(Find lots of ideas on Pinterest.)*

For more ideas:

P Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at *http://30x30.davidsuzuki.org/*

P Do a Google search: "What to do on a nature walk" or "Arbour Day activities"

Children's FOUNDATION OF GUELPH AND WELLINGTON

Food & Friends Program
Dufferin · Wellington · Guelph

The 106 student nutrition programs supported by Food & Friends will provide over 15,000 students with a healthy breakfast, morning meal, snack or lunch in the 2016/17 school year through the efforts of 900 volunteers. We provide support to both elementary and secondary schools in Dufferin, Wellington and Guelph.

These programs serve healthy food in a safe, convenient environment in order to maximize students' potential to learn. The programs also offer an atmosphere for social inclusion amongst students who may otherwise feel marginalized.

For some students, the food from the program will be their only meal of the day.

As part of the Children's Foundation of Guelph and Wellington, Food and Friends provides support to vulnerable children and youth by

- applying for grants on behalf of student nutrition programs
- ensuring criteria and reporting requirements for grants are fulfilled as these programs are delivered
- assisting individual programs with their local fundraising efforts
- recruiting and training volunteers to ensure appropriate food menu planning and safe food handling
- providing continuity and assistance in the administration of these programs.
- organizing forums to promote best practices to enable continuous improvement
- maintaining quality assurance regarding guidelines and standards recommended by the ministry and national charities that provide funding for school-based nutrition programs

Increasing Demand

Our program continues to grow each year as more schools recognize the need for student nutrition programs. Last year, we had seven new program start-ups, and this year we have one ready to go.

Core funding from the Ministry of Children and Youth services covers up to 15% of the costs for individual programs, which means each program must raise 85% of their costs. This task can be an overwhelming addition to the already exemplary volunteer efforts made by parents, teachers and other volunteers. Food and Friends assists in this effort.

If you have any questions or concerns please contact Anita Macfarlane at the info below or anita@childrensfoundation.org