

École King George Public School

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Principal: Randy Dewey
Office Coordinator: Laurie Carrow

Vice-Principal: Kelley Jones

Octobre 2019/October 2019

Message from the Principal

Welcome to autumn! Along with the beauty of the changing of the season comes the need to dress warmer than we have been used to with our extended summer temperatures. This also means that we, at King George, will soon accumulate a variety of lost and found articles of jackets, sweaters, and rain apparel. If you realize that certain clothing articles are missing from your home, you are welcome to come in and check our lost and found box which is located at the end of the hallway on the first floor, near the staff room.

Our fund-raiser, Fresh from the Farm, is well underway. Please consider supporting the program as it not only helps our students reduce costs of their field trips and year-end trips, it also supports our local farmers as a means of buying their produce. You can place your orders at the office if you do not have any specific student you want to support.

We had a good turnout for our first School Council meeting last month. Please note that our next meeting is Tuesday, October 8th. Please consider attending and find out how you can get more involved with your school. There are some areas that need volunteers to help lessen the load for those who have already signed up.

Also, if you are a parent of a Grade 7 or 8 student, you may be interested to learn more about the IB Program that is offered in our board at GCVI. There is an information night being held on November 20th. Our Intermediate students will also be hearing information about the program on October 9th. John F. Ross will also be holding an information night on November 27th. More details are given below.

M. Dewey and Mme Jones

Snack Program Coordinator Needed

We are currently looking for a coordinator to run our snack program at King George. Our past coordinator is willing to help you get started but she is not able to continue in the role this year. Our students certainly benefit and enjoy having snacks readily available and we have many parent volunteers who are willing and ready to buy the food and distribute it. If you are interested or need more information, please do not hesitate to contact either Mme Jones or M. Dewey.

Lunch & Recess Supervisor Needed

King George PS is looking for on-call, casual nutrition break supervisors for either nutrition break. This is a paid position, and would be on an as-needed basis. If you are interested in this, please contact Mme Jones at kelley.jones@ugdsb.on.ca.

Library Helpers

Are you a parent, grandparent, or guardian, and you're looking for a great place to volunteer in the school? Please consider helping out in the library! Your help would be greatly appreciated. If you are interested in being a library volunteer, please contact Mme. Kristiansen at (519) 822-1911 ext. 430. "See you in the library!"

Orange Shirt Day

This year, Orange Shirt Day is September 30th. Orange Shirt Day was started in 2013 from the story of one survivor of St Joseph Mission school who remembers having her new orange shirt taken away on her first day of residential school. It is an opportunity to have discussions with staff, students and community members about the role we play as a school system in reconciliation.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year.

Thanksgiving Food Drive

We are hoping to fill 5 barrels of food from now until Thursday, October 11th. Please help if you can. Thanks to Mme Harrison for organizing this drive, just in time for Thanksgiving!

Student Council

Student Council is up and running. We will hold regular meetings starting next week. Thanks Mme Clune for helping to give our students a voice through this club.

Walk to School Day

Wednesday, October 2nd is Walk to School Day and Walk at School Day! On Walk to School Day students from more than 40 countries will walk, bike or wheel to and from school.

When the route to school is safe for walking or biking, the Wellington-Dufferin-Guelph Active and Safe Routes to School (ASRTS) committee encourages students to walk, bike or wheel to and from school. This year to coincide with Walk to School Day, ASRTS is also promoting a *Walk at School* day which is geared to those students who ride a bus to school. For schools with bused students, encouraging students to take a walk around the school yard at lunch or before bell time is another way that students can participate in this fantastic event!

Cross-Country

"Our grade 3-6 Cross Country Club is up and running and members have completed many morning practices in the last month preparing themselves for the upcoming Junior Cross Country Meet. The Junior Cross Country Meet will be held on Tuesday, October 22, 2019. Rain dates are Oct. 23rd or 24th. More information and details about the meet will be coming home to families soon with club members." Mlle Sales

Fresh from the Farm Fundraiser

Currently we are running a fundraising program for our Grade 7 & 8 students to help offset costs associated with a year-end trip. It is called "Fresh from the Farm" and it is designed to offer a healthy fundraising opportunity to our school by selling fresh Ontario fruit and vegetables. Forty percent of the revenue collected goes back to the individual students making the sale. Two bundles are available to buy: Bundle A, for \$14, consists of 5 pounds of potatoes, 3 pounds of carrots, 3 pounds of onions, and 3 pounds of sweet potatoes. Bundle B, for \$15, is an 8 pound box of Ontario Empire apples. The products will be delivered to our school in November. Please consider supporting our students by buying directly from a Grade 7 or 8 student or ordering through the office. Orders need to be in by October 9th.

Some other classes have also opted to take part in this fund-raiser to help offset costs for their future school trips. Funds earned from their sales will be credited directly to their classes.

Pizza and Milk

Friday pizza has begun and will continue each Friday except in weeks when there is a PD Day on Friday, the pizza will be scheduled for the Thursday. Pizza will continue to be available on Tuesdays and Thursdays on a cash only basis, where students can buy slices of pizza for \$1.75 each if they have a token or \$2.00 without a token. Pizza is served during the second nutrition break. The milk program has also

begun and will run to the end of January. Milk is also available to purchase from the vending machine for \$1.00

Terry Fox

Thank you to all who supported our run this year. We raised approximately \$530 which is down from last year's total of over \$900. Next year's goal will be to raise over a \$1000. We will have to get creative!

Halloween & Allergy Alert

We have a number of students in our school with life-threatening food allergies.

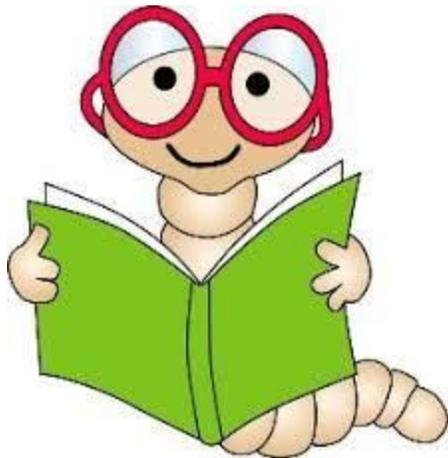
Help us to celebrate safely by...

- Sending candy that is labeled "peanut free"
- Reminding your children not to share treats

HELP US TO MAKE HALLOWE'EN FUN FOR EVERYONE!

Library News!

Birthday Books



At King George we love to celebrate special days and that includes your child's birthday!

In honour of your child's birthday, your child will come to the library to pick a brand new book to read and then donate back to the school. Your child will be the first student to check the book out. Your child's name will also be placed inside the hardback book and a picture taken of them with the book for our Birthday Book wall

We ask for a donation of \$10 to the King George Library. The money raised will go towards getting more technology in the library starting with iPads. Any leftover money will be spent on growing our great selection. The children will enjoy the book for many years to come. Thank you for your continued support!

Mme Kristiansen
Teacher/Librarian at King George

King Geoge is 'Scent-Free'

Many people have a lot of problems with scents and air quality issues in the schools, which triggers breathing difficulties and a host of other symptoms and can leave them feeling very unwell for hours after an encounter. One of the biggest culprits is the scented hand sanitizers, which children often have in their backpacks or hanging on their backpacks. Please remember not to send scented hand sanitizers to school with your child.

Storm Tickets

The Guelph Storm Adopt-A-school Program is a partnership among area businesses, local schools, and the Guelph Storm Hockey Club. This year our school has been adopted by The Co-operators. This business will donate tickets for selected home games and our school will distribute them through draws. If your child has been chosen to receive these tickets, please confirm that you are able to use them so that we can give them to someone else if you are not able to attend that game. Anyone receiving free tickets is encouraged to express their gratitude to our sponsor through thank-you letters or notes which can be given to the school or the Guelph Storm Box Office.

Agendas & Locks

Students in grades 1-6 have all received agendas. Agendas are an excellent means of communication between home and school. We appreciate your contribution of \$6.50 for each agenda to help cover their cost. Agendas are also available to Grade 7 & 8 students if they request them. They just need to ask at the office. Combination locks are also available at the office and can be purchased for \$5.00.

Introducing our Grade 7/8 Guidance Counsellor

My name is Christine Drumm and I am assigned to your child's school as a Grade 7/8 Guidance Counsellor. I currently work alongside Grade 7 and 8 teachers, as well as high school staff in the Guelph region to explore pathways and provide support for the transition from elementary to secondary.



myBlueprint is a comprehensive education and career planning process that meets the learning needs, interests and aspirations of all students. Students are using this tool in class for pathway and transition planning with the help of their teachers and guidance counsellors. The program myBlueprint offers students tools for goal-setting, portfolio building, grade 9 course selection and research, resume and cover letter building, career exploration and more!

If you have any questions regarding the Guidance Counsellor's role in your child's school and/or those related to pathway planning, please do not hesitate to contact me by email: cdrumm@ugcloud.ca. You can also follow me (@Mrs_Drumm) and the UGDSB Grade 7/8 Guidance Counsellors (@UGDSBGuidance) on Twitter.

John F. Ross Info Night

Parent information night at John F. Ross will be held on Wednesday, November 27th. The agenda is as follows:

6:00 to 7:30 - Open House:

- Parents and students can tour the school and visit departments to learn about programming.
- There will be a Club, Sports and Special Program Fair, with booths and student demonstrations.
- Parents/students can join this component anytime as it is an open house format – they do not have to be there at 6.

6:15 - French Immersion Presentation:

- Special presentation for parents/students in the French Immersion program.
- In the Cafeteria.

7:30 to 8:15 - Academic/School Programming:

- Presentation for all parents and students.
- In EL Fox auditorium.

IB Program

All Grade 7 and 8 Parents invited

The International Baccalaureate (IB) Diploma Programme is a program of international education designed to help students develop the knowledge, understanding, attitudes and skills necessary to participate actively and responsibly in a changing world. This programme prepares motivated students for the rigours of post-secondary education. It encourages students to ask questions and to interact with the world around them in a meaningful way. For more information, please visit: <https://www.ugdsb.ca/ib-gcvi/>

Important Dates

Wednesday, November 20th, 7pm - IB Information Night at GCVI in the auditorium
Wednesday, November 27th - IB assessment option 1 - 6:30-7:45 pm at GCVI in the cafeteria
Saturday, November 30th - IB assessment option 2 - 10am-11:15am at GCVI in the cafeteria
Friday, December 6th - IB preparatory applications due to the GCVI main office, before 4pm

Reminder

Students are expected to stay on school property at all times during the day. If you would like to take your child out for lunch, please let us know ahead of time that you are planning to do that. Students are not allowed to leave school property on their own during the day.

If you are picking up your child at school, PLEASE CHECK IN AT THE OFFICE and your child will be called to meet you there. Please sign your child out at the office before taking him/her out of the school at any time during the day. If students are going to be picked up by someone other than the parent/guardian, a note is needed from the parent/guardian in order to ensure the safety of the children. Classes end at 2:50. Please inform the classroom teacher if you are picking up your child. It would be beneficial if students knew in the morning what the end of day plan is. It gets very busy in the office and it is often difficult to call into classrooms to make students aware of plans.

CCAT Testing

The CCAT practice testing is happening this week during the middle block, Oct 1, 2, and 3rd and the actual test will be written on the 7, 8 and 9th, also during the middle block. Good luck to all our Grade 3 students.

Intermediate Cross-country

Felicitations aux coureurs from the Intermediate Cross-country Team! Many of our Grade 7 & 8 students will run the 3.2 km course at Rockwood Conservation area on October 3rd. Wish them luck!

Junior Soccer

The Junior Boys soccer team will be participating in a tournament in the morning of October 10th at Centennial Fields.

The Junior Girls soccer team will be participating in a tournament in the afternoon of October 10th at the Centennial Fields.

Go Knights!

Eco-School News

An Eco Honour!

Farah Kapasi and Jaya Bauch have been asked to be keynote speakers at this year's EcoLeague Youth Forum in Milton on October 30th. They will represent our Eco team at King George and share the awesome things that our team achieved last year.

They have also been asked to run one of the workshops that other students from several Boards will participate in on that day. (This is an honour usually given to adults in various Eco-related positions, such as conservation area managers, etc.,)

To support them in this endeavour, we are seeking some eco-friendly prizes to give away at this event. If you have something you could donate, we would greatly appreciate your help! If you donate on behalf of a business, we are happy to promote your business at this event! Any donation can be dropped off at the school by October 25th.

Help us reduce waste!

Over the last few years at King George, we have been focused on producing less waste. As a result, we have seen our amount of waste drop dramatically. However, we can still do better! We'd like to ask parents to consider using reusable water bottles instead of sending

juice boxes to school. Juice boxes represent a very large portion of our waste each day, and could be easily eliminated. Please consider our request!

DID YOU KNOW? You can send ANY brand of used/dried up marker (including dry erase and hi-lighter) into the school for recycling? Your child can talk to their teacher and add markers to our used marker bin that will be sent back to CRAYOLA in their colour cycle marker recycling program. We have added a collection bin in the front foyer.

<https://www.crayola.com/colorcycle/frequently-asked-questions.aspx>

There are now 5 different containers for waste in the classroom, and each has a corresponding sign.

1. **Garbage:** Hopefully this container has the least amount of stuff in it! This contains whatever does not fit elsewhere: soiled plastic bags (ziplocs, etc.), saran and food wrappers (i.e. granola bar wrappers, lids from yogurt & applesauce), styrofoam, Tim Horton's cups, straws, used Kleenex, bits of plasticine, broken toys, etc. We hope to see a further reduction in this category as we move toward reusable containers.
2. **Paper and cardboard recycling:** This bin is for all paper- construction, magazine, newspaper, etc. and all cardboard. Contents of this bin should be 'clean' and dry because we hope to re-use the garbage bag liners week to week to further reduce waste. Wet paper or cardboard, or food soiled paper or cardboard can go with paper towels in orange compost pail (described below).
3. **Container recycling:** This bin is for milk cartons, yogurt containers, juice boxes, cans, jars, plastic containers, etc. We want this bin to stay 'clean' since it sits in the classroom all week before being emptied, so students **MUST** empty and/or rinse all containers before putting them in. Please teach your children to rinse before they recycle, and it will make everyone's jobs so much easier! We hope to see a further reduction in this category as we move away from single-use plastics. (Note: this year, Booster Juice cups are recyclable plastic that should be rinsed and put in this bin.)
4. **Orange compost pail:** This pail is primarily for wet/used paper towel. It can also contain certified compostable cups, lids or straws, or the odd certified compostable container from a take out meal.
5. **Silver compost pail for food waste:** The silver pail is for all food waste - including fruit cores and rinds, peels, egg shells, meat, bones, fat, tea bags, coffee grounds, and plant leaves, flowers, etc. This pail has a compostable liner bag, which gets dumped into the collection containers and students then put in a new compostable liner bag and secure it at the top with an elastic. We re-use the elastic.

Please help us to teach the students to choose the right bin for their waste. If the waste is properly sorted, we are able to re-use as many of the resources as possible and divert the maximum amount from the landfill! This will help us with our Eco-School Certification, and more importantly, it will help our planet!

SAFE ARRIVAL PROGRAM

It is very important that you notify the school office if your child is going to be late or absent for any reason. There is an answering machine on 24 hours a day so please use this system to keep us informed. Please call the office if your child is going to be late or absent from school. You may leave a message on ext. 100. Please help us ensure that all students arrive at school safely. We also require a note or phone call from parents if you will be picking up your child(ren) during or after school.

VISITORS AND VOLUNTEERS

For everyone's safety, we require ALL visitors to report to the office each time they enter the school. Anyone visiting or volunteering in the school (including parents) **MUST SIGN IN AT THE OFFICE** and wear an identification badge when you are in the school or on school grounds. Our students recognize those who are wearing the school badge as members of our school community. Please do not be offended if a staff member stops you to ask why you are in the school. Even if you have been in the school before, not all teachers will recognize you. Again, we request this for the safety of your child(ren).

News from School Council

Dear Parents,

On behalf of the King George Parent Council, welcome back, and if you are a new parent, welcome to École King George.

Parent Council is an organization dedicated to enriching the education of our children and fostering a sense of community at King George. We work in cooperation with the school's administration and teachers to provide services, funding, volunteer support and programs that enhance the school experience. The continued success of this mission depends on your help.

Parent Council meetings are held monthly, and we encourage all to attend. Our next meeting is on October 8th at 6:30 p.m. in the Library. Every parent is a member of Parent Council and we look forward to having you join us. Our member volunteers support the school in many areas. Almost every day you will find parents assisting in classrooms or with our snack, pizza and milk programs. We provide a year's worth of events that bring us together outside the classroom. Parent Council volunteers work together on events like Family Fun Night, School Yard Greening, Diversity & Inclusiveness initiatives and the Music for Music fundraiser to name a few. We hope you might consider volunteering 30 minutes or more of your time to these or other events this year.

Besides providing the school with irreplaceable volunteers, the Parent Council also fundraises. The money raised by the Parent Council is used to fund many worthwhile activities, services, and programs within our school.

Your participation ensures Parent Council can continue to fund or support the needs of our school community. Thank you for helping make King George a wonderful place for our children to learn and grow.

Sincerely,

Natasha Templeton & Leslie Fisher
Parent Council Co-Chairs

How to Stay Connected:

Sign-Up for/Stay Connected Through:

- **Facebook** page for King George parents: “École King George PS Parents” *this is not moderated or managed by the school*
- **CashOnline:** ugdsb.SchoolCashOnline.com

Click on “Get Started Today” for an easy, secure method of paying for school expenses.

- **Parent Council Newsletter:** kgwuzup@gmail.com
- **School Admin Newsletter:** www.ugdsb.on.ca/kg
- **Parent Council Chair Updates:** email kgcouncilchair@gmail.com to be added to the mailing list
- **Parent Council Volunteer Signup:** Email kgparentsvolunteer@gmail.com to be added to our volunteer list for specific or future events
- **E-Blasts from your Principal & Vice-Principal** – Stay connected to the school with email updates on important dates and events etc. Register at the bottom of the school website under “Stay Connected.”
- Afterschool activities are offered by **St. George’s Park and Two Rivers Neighbourhood Groups**

Parent Council

- All parents are members of Council and are welcome at the monthly Council meetings.
- Come to learn more about the school.
- Join or start a sub-committee of Council, such as:
 - Greening and Grounds Committee
 - Diversity and Inclusion Committee
 - Classroom Technology Committee
- Participate in planning events such as Arts Night and Science Night.
- Events build community and help to raise necessary funds to improve our school.
- Help out with other school fundraisers such as pizza & milk sales.

Important Upcoming Dates to Remember

- Parent Council meeting October 8th at 6:30 p.m. in the Library

This 'n That at King George

Dates to Remember:

October 2 – Walk to School Day
3 – Picture Day
8 – School Council Meeting - 6:30 PM
9 – last day to submit orders for Fresh from the Farm
14 – Thanksgiving Day (School is closed)
21 – Federal Election
Nov. 1 – PA Day

Math

Upper Grand students are doing well with basic math knowledge and skills. We see this from EQAO data, from PRIME diagnostic assessments, and from observations and conversations with students. However, our students are struggling with number fluency and flexibility. They often have a single strategy or procedure to solve a problem and when that one doesn't work in a particular situation, they are out of luck. Our students also struggle to judge the reasonableness of their solutions. We want our students to demonstrate **accuracy**, **flexibility**, and **efficiency** in math and Number Talks can support the development of all three. The goal behind Number Talks is to fill students' toolboxes with multiple strategies (fluency) and for them to get better at communicating their mathematical thinking.

Blue Jay Fever

Have you caught Blue Jay Fever yet, or are you already thinking about the NHL season? Maybe you're not a sports enthusiast, and instead are busy taking your children to dance, swimming or music lessons. Whatever the case, why not incorporate math into these afterschool activities? Here are some quick and easy connections to share with your children on those early mornings, after school or late night drives that connect math to our everyday lives.

1. **Batting average**

This number tells fans how many times a player gets a hit compared to the amount of times he gets up to bat. Simple division is used to figure out a batting average. For each game divide the number of hits the player gets by the number of times he is at bat. The answer should result in a decimal

answer. (For example: Bautista gets up to bat 8 times, but he only hits 5 times. The equation would be 5 divided by 8 giving a batting average of 0.625.)

2. **Staying out of the penalty box**

Which fraction is largest: $5/4$, $4/3$, $3/2$ or $2/1$? If the Leafs have a 5 on 4 advantage, and Phaneuf has to decide whether to draw an opponent away from the play, it's important for him to know that $4/3$ is a larger fraction than $5/4$. Math tells us that 4 skaters have a better advantage over 3 than 5 skaters have over 4.

3. **Patterns in Music**

Musical pieces often have repeating choruses or bars, similar to patterns. In mathematics, we look for patterns to explain and predict the unknown. Music uses similar strategies. When looking at a musical piece, musicians look for notes they recognize to find notes that are less familiar. In this way, notes relate to each other. Relationships are fundamental to mathematics and create an interesting link between music and math. Listen carefully to the music next time. You'll definitely hear the patterns!

4. **Swimmingly Mathematical**

Speed of swim (measurement of distance and time), surface area of palm (area measurement of odd shape), kicking angle of the legs (trigonometry, angle), rhythm of the stroke (sequence, counting, pattern sector), and breathing (volume of air required, space measurement) are all about the math!

5. **The Science of Dance**

There's the symmetry (between arms and legs, but also between bodies and within a single body), counting, rhythm, momentum, mass, connection, sequence, and shape. Every area of math can be expressed with the human body.

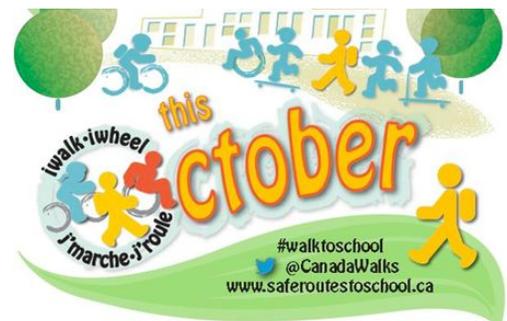
Source: <https://www.google.ca>

Monthly Environmental Newsletter Inserts

Participate in International Walk to School Day on October 2nd!

In October we celebrate "active travel" by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

"In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the



third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <http://www.saferoutestoschool.ca/>

4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It’s an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren’t spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child’s daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!

Talking about Mental Health

Building Resilience

Resilience is our ability to recover from difficulties and adapt to change; to be able to function as well or better after a challenge. Resilience is an important part of good mental health. We all can develop resilience, and we can help our children and youth develop it as well. The following tips are taken from Resilience Guide for Parents and Teachers, by the American Psychological Association. For more information see: <http://www.apa.org/helpcenter/resilience.aspx>

Tips for building resilience:

- **Make connections**
Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends.
- **Help your child/youth by having them help others**
Children and youth who may feel helpless can be empowered by helping others. Engage your

child/youth in age-appropriate volunteer work, or ask for assistance yourself with some task that they can master. At school, brainstorm with children about ways they can help others.

- **Maintain a daily routine**

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child/youth to develop their own routines.

- **Take a break**

While it is important to stick to routines, endlessly worrying can be counter-productive. Build regular breaks into school and home routines.

- **Teach your child/youth self-care**

Make yourself a good example, and teach your child/youth the importance of making time to eat properly, exercise and rest. Make sure your child/youth has time to have fun.

- **Move toward goals**

Teach your child/youth to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child/youth on what they have been able to do rather than on what they haven't done, and can help build resilience.

- **Nurture a positive self-view**

Help your child/youth remember ways that they have successfully handled hardships in the past and help them understand that these past challenges help them build the strength to handle the future.

- **Keep things in perspective and maintain a hopeful outlook**

- Even when your child/youth is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook allows your child/youth to see the good things in life and keep going even in the hardest times.

- **Look for opportunities for self-discovery**

Tough times are often the times when children/youth learn the most about themselves. Discuss with your child/youth what they learned after facing a tough situation.

- **Accept that change is part of living**

Change often can be scary for children and youth. Help your child see that change is part of life and new goals can replace other goals.

Have a mentally healthy day!

- *Jenny Marino is the Mental Health Lead for Upper Grand District School Board*

- *Follow me on instagram: ugdsb_mental_health*

News Public Health

Information from Public Health - Lunchbox Essentials!

Are you getting back into the habit of packing school lunches? A balanced lunch includes a variety of foods to keep your child full and able to learn best. Try to include at least one food item from each of these 4 categories in your child's lunch every day.

Vegetables

Fruit



- ☑ **Protein-rich Foods** (beans, lentils, chickpeas, cheese, eggs, meat, fish, plain yogurt, plain milk)
- ☑ **Whole Grains & Starchy Vegetables** (whole grain pasta or bread, potatoes, corn)

Top 5 Tips:

1. Keep peeled and cut veggies and fruit on hand in the fridge, ready to grab and go! Try to include a fruit or veggie at every meal and snack.
2. Involve your kids in planning and making school lunches. They're more likely to eat food they helped make and they build valuable life skills in the kitchen!
3. Save time and use your leftovers for school lunches.
4. Include a reusable water bottle every day.

Check out [UnlockFood.ca](https://www.unlockfood.ca) for school lunch tips and recipes.