

Kids win when parents  
get involved

# St. Francis de Sales School Council News

January 2007



## Food for Thought!

Think of your child's lunch as the fuel you put in their tank. If you choose the wrong kind of fuel, they might run out of energy before the day is over. So what is the right kind of fuel? What does a healthy lunch look like?

As parents, we have the greatest influence on the habits that our children develop—we purchase and prepare their food and to a great extent, we have control over what they eat. We hope you enjoy this month's feature article on Healthy Eating at School and that you keep the attached Canada's Food Guide to Healthy Eating as a handy reference for when you and/or your child are packing lunches.

St. Francis de Sales School Council

## Healthy Eating at School

Giving our kids energy foods that will last until their next meal or snack will help them concentrate and be more alert.

### DRINKS

Water is very important. Did you know that our bodies are 70% water? We expel water every second through movement, sweating, thinking and even

talking and breathing. This water must be replaced. Drinks that are packed with sugar (glucose/fructose are liquid sugars) give our bodies quick energy boost but unfortunately it's very short-lived and can cause a "sugar crash" once the sugar is metabolized.

**DO**, drink water—our bodies need lots of it!

**DO** drink milk—regular or chocolate milk is a great source of sustainable energy with vitamins, protein and nutrients that our bodies need.

**DO** drink 100% fruit juices—

although high in sugar, the natural sugars in juice are better for our systems and can be easily broken down and used by our bodies.

**DO** drink fruit/vegetable fusion juices— fruit plus vegetable juices such as "Sun-Rype" or "V8 Splash" are high in vitamins C and A and kids love the variety of flavours that they come in.

**AVOID** "drinks" and punches. If the label reads "orange drink" or "orange punch" it likely has a very high sugar content and little nutritional value other than the vitamin C that may be added.

**AVOID** soft drinks. Whether they are diet or regular, soft drinks have no nutritional value.

**AVOID** power drinks. These drinks are meant for athletes and should not be given to children as a regular beverage. "Kick" drinks such as "Red Bull" should *never* be given to children as they have dangerous levels of caffeine and other

stimulants.

### SNACKS

Try to pack snacks with nutritional value. Look for snacks that are under 12 grams of sugar per serving, contain zero trans fat, are low in saturated fats and have some source of fibre, protein or vitamins. Choose "baked" over "fried". Try some of these ideas:

Christies "Thinsations" individually packed, granola bars, crackers (whole wheat is better), cheese, cheese strings or sticks, yogurt, pudding, apple snacks, fresh fruit and veggies, "Oatmeal to Go", "Nature Valley" bars, "Raisin Bran" bars, or fruit cocktail cups.

Cereal also makes a great snack. Try Corn Bran cereal, Honey-Nut O's and any other cereal with less than 12 grams of sugar per serving.

### LUNCHES

Sandwiches are portable and easy to pack. Whole wheat, 7 or 12 grain, flax seed, sunflower seed, multi-grain bread, seeded bagels and whole wheat hot dog or hamburger buns are all good choices. If your

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## Healthy Eating at School, Continued

child prefers white bread, try making sandwiches with one slice of white on top and a slice of whole wheat on the bottom.

Some good sandwich filling choices include fresh turkey or chicken salad, ham salad, smoked meat, ham slices, tuna or salmon salad, cream cheese, cheese, egg salad or meat slices. Add a leaf or two of romaine lettuce to add some crunch and extra nutrition.

When kids get tired of sandwiches, try some fun finger foods! Cheese and crackers, cherry tomatoes, cucumbers, raw veggies and cold

pizza with meat and cheese. Make a wrap with a whole wheat tortilla shell filled with meat and/or cheese.

Try cutting it into bite-sized pin-wheels for something new and exciting. How about a cold shish kabob? Using a bamboo skewer, pierce chunks of meat, cherry tomatoes, cucumbers, red, orange or yellow peppers. Remember to try to include fresh fruits and veggies whenever possible.

For an extra special treat, try sending a thermos bowl with a nutritious hot meal. Soup and crackers, chili and shredded cheese, stews, tuna helper or hamburger helper are all good choices.

Try to make lunches interesting and fun for your child. Give them a healthy start and develop healthy habits...one snack at a time!

**“Give them a healthy start and develop healthy habits...one snack at a time!”**

*Article contributed by:*

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RPN and Nutritional Consultant

### *Last Words...*

...Be sure to keep your packed lunch safe by keeping cold foods cold in an insulated lunch pack, and hot foods hot in an insulated bottle stored in an insulated lunch pack.

...Avoid the morning panic of “*What do I pack today?*” by planning and/or preparing lunches the night before. If you are having trouble planning your child’s lunches, ask them for their input and encourage them to pack their own lunch.

...Keep in mind that pre-packaged lunches may be convenient, but they are often higher in fat, sugar and calories than meals that you might prepare yourself, and they are more expensive.

...And, if you are concerned that your child is not eating their lunch, do your best to find out why. It may be something as simple as an “uncool” lunch box or foods they dislike. Ask your child when they get home if they ate their lunch and whether they liked it or not.



### What’s Happening...

**Parent Involvement Committee Meeting:** Wednesday, January 31, 2007 at 6:30 p.m. in the library – so many ways to get involved in your child’s education. Parents needed!

**Next School Council Meeting:** Wednesday, February 28, 2007 at 6:30 p.m. in the library. Everyone is welcome.

**Volunteers Needed:** We are looking for volunteers to fill several roles. If you are interested in volunteering in the library or volunteering to help with head lice checks, please contact the school at 613-283-6101. To join the Fun Night Committee, please contact Debbie Shea at 613-283-5349.

### Contact us:



If you are interested in volunteering or you would like to learn more about the St. Francis de Sales School Council, please contact Debbie Shea at 613-283-5349 or approach any member of council.

#### **2006-07 School Council Members:**

Debbie Shea—Parish Rep./Chair, Connie Smith—Vice Chair, Margaret West—Treasurer, Shelley Nadeau—Secretary, Tammy Demidoff—Parent Liaison Rep., Bernice Chiniborch—Community Rep, Patricia Meagher—Non-teaching Rep., Susan Hoysted—Teaching Rep., Alex Bujacz—Principal, Nancy Fontyn, Tracey Stringer, Debi Cunningham, Monica Wilson, Lorraine Fenn, Dorothy Hudson, Cyndi Galazzo, Debbie Burns, Melody Lefebvre