

WEST LYNN PUBLIC SCHOOL'S BREAKFAST CLUB AND SNACK PROGRAM

The Student Nutrition Program at West Lynn was very successful last year. Breakfast Club was served every morning of the week. Snack bins were sent to the classrooms twice per week. Both programs are running this year, as well, and are available to all students.

Our nutrition programs would not be possible without the support of our dedicated group of EA's (Ms. Clark, Ms. James, Ms. McKay, Ms. McKinley, and Mrs. Mrs. Young), teachers (Mrs. Rooney, Mrs. Lesage), Mrs. Weber, parent volunteers (Mrs. Oliveira, Mrs. Krulikowski, Mrs. Rigglesford, Ms. Peori), and volunteers (Mr. and Mrs. Montross, Mrs. Beaton, Justin, and our First Ontario Credit Union volunteers).

A huge **THANK YOU** to all who have helped out with our program in the past and the present. We value your time!!



*“Volunteers don’t get paid, not because they are worthless, but because they are priceless.”
- Sherry Anderson*

Why a Student Nutrition Program?

Studies show that children and youth who are well nourished perform better at school and are able to concentrate longer. Student nutrition programs are more than just a stop gap measure for relieving hunger. They are beneficial in many ways. Student nutrition programs help:

- Contribute to a child’s overall health
- Improve students’ cognitive performance and their educational achievement
- Improve classroom behaviour
- Provide a safety net for children and youth who might be at risk
- Provide a vehicle for delivering nutrition education and consistent healthy eating messages
- Contribute to positive, caring school community; and,
- Foster a sense of community by providing a way to involve the parents of school children and other agencies.

(Creating a Healthy School Nutrition Environment: A Resource for School Decision Makers, Brant County Health Unit, 2005)

Did you know that according to the Student Health Survey 2003, Brant, Haldimand, Norfolk...

- **42% of students reported they do not eat in the morning every day?**
- **36% of students do not eat the recommended 3 servings or more of milk products daily?**
- **45% of students do not eat the recommended minimum 5 servings daily of fruits & vegetables?**

How Can You Help?

- **Do you have 1 or 2 hours a week? We need people to help prepare food, serve, and clean up. We will provide you with the training you need, on the job.**

West Lynn Public School's Student Nutrition Program is partially funded by the Ministry of Children & Youth Services and is administered regionally through Haldimand-Norfolk REACH. However, this funding does not cover the entire cost of our program and donations are always gratefully accepted.

There are many ways to be part of West Lynn Public School's Student Nutrition Program and we hope you are able to help in some way.



Name: _____ Phone # _____

**I am willing to give 1 hour/week or _____ (your available time) on
_____ mornings/afternoons to assist with _____.**

**I am unable to give 1 hour/week at this time, but I would like to donate \$ _____ to
West Lynn Public School's Student Nutrition Programs.**

If you have any questions, please contact Dianne Lefler, principal, at 519 426-0688