

ÉCOLE
FRÈRE ANTOINE
CATHOLIC SCHOOL

2850 Mill Woods Road Edmonton Alberta T6K 4A1
Ph: 780-463-2957 Fx: 780.461.9195
<http://www.frereantoine.ecsd.net>



September 7, 2017

Dear Parents & Guardians:

The Edmonton Catholic School District is committed to providing school environments that promote and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Specifically, the district is committed to the following statements:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in dialoguing and collaboratively making decisions and engaging in practices which promote healthy eating and physical activity.
- All students in grades K – 12 will have opportunities, support, and encouragement to eat healthy foods.
- Foods and beverages sold or served at school will support healthy eating choices. Foods will be from the "Choose Most Often" or "Choose Sometimes" categories as outlined in the Alberta Nutrition Guidelines for children and Youth (2008).

We correlated the goals of our School Growth Plan 2016-2017 with those of ECSD's Growth Plan (3:2.3 & 3:3.5) and Nutrition Policy 134 to improve the health and well-being of our students.

As a staff and in collaboration with School Council we commit to providing healthier choices for foods and beverages sold or served at the school. This is in direct alignment to Nutrition Policy 134.

What is the impact at Ecole Frere Antoine?

- Our Diner du Mois will offer menu choices from the *Choose Most Often* or *Choose Sometimes* category as outlined in the Alberta Nutrition guidelines for children and Youth (2008).
- We will continue to celebrate children's birthdays monthly with the Birthday Pizza Club
- Birthdays will no longer be celebrated using any food or drink.
- Teachers will make the birthday child feel special in a variety of ways ex: Student of the Day, Line Leader, Compliment Book, child may choose a special activity, wear a special sash or badge.

Thank you to School Council and all parents for your feedback, and support of this district initiative to help our children to grow, learn and thrive!!

Blessings!

Suzanne Le Gars