



Dixon
Grove JMS

November 2011

Coming Soon... Health Action Committee

At Dixon Grove JMS, we value, encourage and support healthy living for students. We believe that eating healthy and having active lifestyles at a young age promotes improved learning and academic performances.

We conducted **Healthy Eating Surveys** for students, parents and staff at Dixon Grove JMS. From these results, we know that students and parents want to become more involved in eating healthy.

We are in the process of creating a **Health Action Committee** geared towards the active involvement of students and parents in promoting healthy living for everyone at Dixon Grove. **Stay tuned** for more information.

Reminders to Parents - Breakfast & Snack Program

Breakfast gives children the energy they need to get ready for the day. Research has shown that children, who eat healthy, nutritious food, are more ready and able to learn in the classroom. From our student healthy eating survey, the top 2 reasons why students do not eat breakfast are:

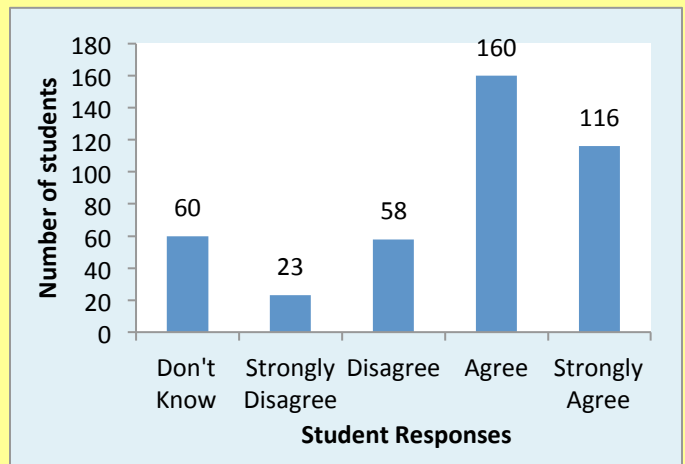
1. **Lack of time in the morning**
(39% of student responses)
2. **Not feeling hungry in the morning**
(37% of student responses)

To get off to a good start, take advantage of our **Breakfast and/or Snack Program** which offers a variety of fresh fruits/ vegetables, whole wheat pitas, bagels with cheese, yogurt, and other healthy items.

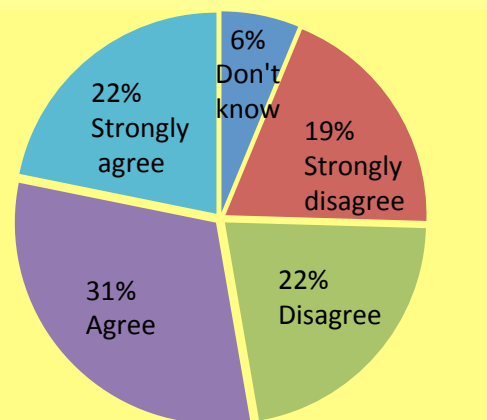
If you have not yet done so, please return your completed registration forms to the office.

Dixon Grove Healthy Eating Survey Says...

Majority of students like being involved in making the food they eat.



Over 50% of students enjoy packing their own lunch.



Helpful tips for getting your children to eat healthy:

- Work together with your child to make a tasty and healthy lunch.
- Let your children pack their own lunch choosing foods from the Canada Food Guide
- Involve children in planning, shopping for, preparing and serving meals.

This Week's Fun Food Tips

Monday

Starting the day without breakfast is like starting a car without gas. It does not work.

Breakfast is the most important meal of the day. It gives you energy and nutrients to start the day. A balanced breakfast has at least 3 of the 4 food groups. It can be a bowl of cereal and chopped fruit with milk, or a whole grain bagel with cheese and an apple.

Tuesday

Just because there are pictures on the package, doesn't always mean there is real fruit in it.

Some fruit drinks look like juice but they're mostly water and sugar. The next time you're at the grocery store, take a look at the juice label and look for the words, "100% Juice"!

Wednesday

"Stop the pop!"

Did you know that a can of pop has 10 ½ teaspoons of sugar? Too much sugar is not good for your teeth and can lead to cavities. Protect your teeth and drink milk, water or 100% fruit or vegetable juice instead.

Thursday

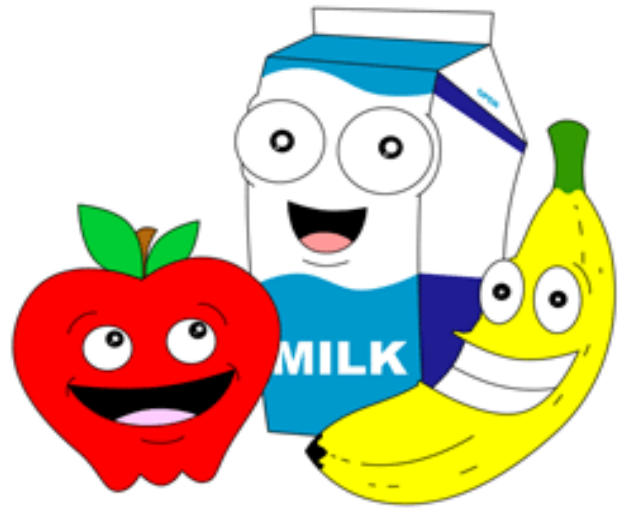
What do you get when you jiggle a cow? ... A milkshake!

Calcium and Vitamin D help your bones grow and stay healthy. Drink at least 2 cups of milk to get enough vitamin D.

Friday

How do you like your pizza? There are many ways to make it healthier.

Try whole wheat crust and load it up with healthy toppings such as red and green peppers, broccoli, zucchini, spinach, pineapples and chicken.



Upcoming Events

Monday Coffee Talk

Monday, November 7th, 2011 at 9:15am to discuss the results of Dixon Grove JMS's Healthy Eating Survey.

Health Zone

Coming soon to Dixon Grove JMS's webpage, look out for **Health Zone!** Stay tuned for more information.

Health Action Committee

Coming soon! Dixon Grove JMS's first ever Health Action Committee.