



Regina Food For Learning

August 2011

Newsletter

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Welcome Back!

I am certain that all of our volunteers, students and staff have noticed how quickly summer is flying by. We sincerely hope you had a great break and are excited to start a new school year.

We will resume serving September 6th, unless the schools request more time to complete the student registration forms. If you have any questions please contact Heather at 565-8632.

We have included a 2011/12 Regina Public Schools Calendar to track the student and school holidays for the convenience of our volunteers, parents and staff.



Fundraising Updates



May 28/29 – Win/Win Moving sale

Netted a profit of \$259.70 – Thank you to Kay for organizing and executing this successful event in spite of the weather.

June 11/12 – Canadian Tire North BBQ

WOW!! Most profit ever at \$2151.17. Thank you to all the donors of Canadian Tire “money” that paid the \$75 fee charged by the store for this event. **Thank you to the volunteers who make this possible.** Some of our volunteers worked behind the scenes on preparation (chopping 75 lbs of onions and skinning hundreds of wieners). Many more volunteers took on 3 hour shifts to cook, serve and collect for the more than 1250 hot dogs and over 500 drinks we sold.

June 18 – Central Zone Soccer finals BBQ

This event was unfortunately rained out but we had a contract for \$400 – rain or shine.

July 29 – Garage Sale hosted by Kay

Proceeds were \$236.92. Thank you to Kay and your helpers.

Upcoming fundraising events:

Sept 17/18 – Canadian Tire North BBQ

Yes we will be doing it again! Come join the fun – call Heather 565-8632.

Canadian Tire “Money”

We are requesting that you save your Canadian Tire “money” for donation to Regina Food for Learning. We have to pay a \$75 fee for each of the BBQ’s that we hold at the Canadian Tire North location. We are collecting the Canadian Tire “money” to help offset that fee and thereby increase our profit. If you have set aside some “money” and would like to donate it to us please just mail it to us. We are grateful to those people who donated sufficient “money” to offset the entire \$75 amount for our June BBQ and we do have some left to apply to our September BBQ as well. Thank you.

Regina Public Schools

2011-2012 Elementary and High School Calendar

Those who mind
– don't matter.
Those who
matter –
don't mind.

August 2011

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2011

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

February 2012

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

October 2011

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2012

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Planning/Orientation/In-service



Holiday (No school for all students and teachers)

Elementary Staff Development Day
(No school for elementary students)Teachers' Convention
(No school for all students)Last day of school for students
Progress Reports issued

Last day of school for teachers

High School Planning/Turnaround
(No school for high school students)

* January 24, 2012

First day of Semester II for high school

November 2011

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

April 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2011

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May 2012

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2012

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2012

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

To view this calendar online,
please go to www.rbe.sk.ca and
click on "School Information" and
then "School Calendar".

* Beginning of Semester II for high school

Measuring our Successes

At the end of each school year Regina Food for Learning calculates the number of snacks and lunches provided to students. We post the schools involved in our programs; we recognize the donors, volunteers and staff for their efforts. All of these things are part of the “business” of being a hard working successful not for profit organization. What we sometimes overlook is the impact we are making on the very children and young adults that we are working so hard to empower with a good education based on improved nutrition. Please note some of this year’s successes:

- 1) In our high school based programs we had 22 students graduate grade 12.
- 2) Student feedback:
 - i) Snack has a yummy taste and sometimes it’s juicy and I like it because I am always a little bit hungry. (Rosie, age 6)
 - ii) Thank you for providing us with snack. My favorite food is cheese and crackers. It helps me when I’m hungry. It helps other students when they come to school hungry. It helps students concentrate when they eat. (Jacob)
 - iii) Thank you for the snack program. I like apples and sandwiches. I like lots of snacks. Sometimes I eat two sandwiches. (Sangay)
- 3) Teacher feedback:
 - a) Why we love snack: - (Mrs. Williams, Kindergarten, Centennial School)
 - i) It helps us grow big and strong
 - ii) Sometimes it feels like a treat!
 - iii) It’s yummy!
 - iv) We eat it all, because we love it.
 - v) It helps us think when our tummies are full
 - b) “Since we started up our school wide morning snack program; we have had seven parents volunteer on a weekly volunteer basis.” “Through the snack program, these parents have networked and organized play dates while peeling carrots or cutting up celery.” “Sometimes they bring the younger siblings with them and the younger siblings play together in the nutrition room, creating a wonderful support system for each other and their families.” (Miss Donais, Community Coordinator, Centennial School)

Volunteers don’t get paid, not
because they’re worthless,
but because they’re priceless.
(Sherry Anderson)

What we have done for
ourselves alone dies with us;
what we have done for others
and the world remains and is
immortal. (Albert Pike)

We make a living by what we
get, but we make a life by
what we give. (Winston
Churchill)

COMPARISON OF RFFL STATISTICS FROM THE PAST FIVE SCHOOL YEARS

SCHOOL	SNACKS					LUNCHES				
YEAR	06/07	07/08	08/09	09/10	10/11	06/07	07/08	08/09	09/10	10/11
Arcola Com School	29177	31860	32860	30712	34790	-	-	-	-	-
Balfour Tutorial	-	-	-	-	-	5100	4900	5000	5280	6180
Judge Bryant School	2482	2655	2685	2550	2550	-	-	-	-	-
Centennial School	-	-	-	-	26425	-	-	-	-	-
VAP# 1	-	-	-	-	-	1098	1110	1020	1004	725
Concord	-	-	-	-	-	834	767	897	855	1266
Cochrane Support	-	1345	3700	3520	3580	792	576	-	-	-
Coronation Pk. School	-	-	-	-	-	-	3369	1221	1936	5629
Davin School	-	-	-	-	-	531	262	-	-	-
Dr. Ferguson School	17760	18340	14490	17105	19440	-	-	-	-	-
Haultain Com School	24452	23548	16621	15937	14986	-	-	-	-	-
Integrated Services	-	-	-	-	-	1249	1394	1469	1529	1754
Ken Jenkins School	-	-	-	-	-	7891	8296	5369	3578	-
VAP #2	-	-	-	-	-	1098	1110	1116	1056	1372
TOTALS	73,871	77,748	70,356	69,824	101,771	18,593	21,784	16,092	15,238	16,926

WOULD YOU LIKE AN E-NEWSLETTER?



If you would prefer to receive future newsletters via email we are compiling a list (and checking it twice) to see who has an email address and who prefers regular post services. You may find it more convenient to receive an electronic copy, If so let us know at rfll@accesscomm.ca If not, we'll save your spot on our mailing list.



We're on the Web!

See us at:

www.reginafoodforlearning.com

MODEL A HEALTHY LIFESTYLE FOR CHILDREN

Kids want to be just like you. Are you a positive role model and setting a good example?

Children can be easily influenced and copy the behaviours of role models. School aged children most often look to parents and teachers as role models. It is important that adults model healthy eating and physical activity for the children around them. In doing so, they show children how to live a healthy lifestyle.

Nutrition is important for people of all ages. For school aged children, nutrition plays a large role in growth, development and academic performance. It also improves physical and mental health and helps reduce the risk of chronic diseases. There are many ways an adult can model healthy eating for the children around them. Here are a few helpful hints:

Enjoy regular nutritious meals each day. This includes breakfast, lunch, supper, and snacks.

Choose a variety of foods from each of the four food groups in *Canada's Food Guide* every day. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Limit foods and beverages that are high in calories, fat, sugar or salt (sodium).

Enjoy regular physical activity.

Physical activity is also important for physical and mental health. Children whose parents exercise regularly are more likely to make exercise part of their routine. Parents who exercise together with their children further raise the chance of their children exercising on their own. Adults can have a positive influence on a child's physical activity. They can do this by encouraging them to try a wide range of activities and focusing on participation rather than on performance.

Modeling healthy behaviors is not only good for personal health, but it also helps encourage children to lead a healthy lifestyle.

Arnold, H. E. Cohen, F. G. & Warner, A. (2009). Youth and environmental action: Perspectives of young environmental leaders on their formative influences. The Journal of Environmental Education. 40 (3). 27-36.

Definition of a "role model." Retrieved from www.dictionary.com (2009).

Hawkes, B. B. (Retrieved 2009). Teacher locus of control: Who's responsible? Education. 111 (4). 475-478.

"Nutrition Guidelines for Schools" Research Report. Saskatchewan School Boards Association, 2004.

"Nutrition Positive Role Model Assessment Lead by Example." Saskatoon Nutrition Positive Manual, 2009-2010.

Adapted from an article originally developed by the Public Health Nutritionists of Saskatchewan printed on September 2010.

Updated by Regina Qu'Appelle Health Region in June 2011"



☐ YES

I wish to support Regina Food for Learning Inc.

Enclosed is my tax creditable donation of \$ _____

☐ YES

I wish to support meals for one child,

1 week (\$10) _____, 1 month (\$40) _____, 1 year (\$400) _____

☐ YES

I wish to volunteer for Regina Food for Learning Inc.

Name: _____

Address: _____

Postal Code: _____ Telephone: _____

Please make cheques payable to Regina Food for Learning Inc.

Tax receipts will be issued for donations of more than ten dollars.