

ST. JAMES ELEMENTARY, PORT AUX BASQUES

For the past two years, St. James Elementary School has encouraged the students to eat healthier foods and to live an active lifestyle. Through our School Council, we surveyed our parents and gained overwhelming support for our initiative. We will continue to work on our initiative and make changes gradually. One change that caused some difficulty was discontinuing the sale of chocolate milk. Many kids started bringing in Kook Aid instead so that decision was rescinded after a couple of months. Chocolate milk is now offered two days per week.

What is being done to promote healthy eating and an active lifestyle?

- A list of healthy snacks was sent home to every family.
- Healthier meal choices are offered in the cafeteria.
- Everyone was given fruit/milk to promote special occasions.
- Sale of vegetables is used in the fall as a fund raiser.
- Breakfast program offers only 100% whole wheat bread.
- Parents have cooperated in limiting takeout food being brought into the school to once a week.
- Fitness challenges are used to promote healthy eating and physical activity.
- Classes visited Coleman's fruit and vegetable section
- Food labels were explained to students and how they can be used to find healthy foods www.hc-sc.gc.ca/nutrition
- The number of minutes of physical activity for each grade was increased.
- Swimming is offered after school to all students in grades 1 - 6 for 1 hour for a 6- week period.

For more information, call Ray Bown, school principal, 709-695-3001.