

"Out and About"

All Saints Catholic Elementary School Council Newsletter

September 2011

Welcome back!

We hope that everyone had a great summer vacation. Now that we are back to school, it is wonderful to see a lot of familiar faces in the hallways of All Saints and some new ones too, including Mrs. Levey (rhymes with Chevy), our new Principal. The Parent School Council wanted to take this opportunity to touch base about some upcoming events as well as the programs that the Council will be running this year. We hope once again to send out Council newsletters electronically, but hard copies are available in the office. For your convenience, Council newsletters, order forms and event announcements can be found on the All Saints Catholic School website www.dpcdsb.org/ALLST. Click on the "School Council" heading to reference these items.

FALL FUN FAIR:

Our Fall Fun Fair is rapidly approaching on **Saturday October 1st**. Notes have been sent home regarding classroom donations and we would like those to be sent in by Friday September 23rd. We are in need of volunteers before, during and after the Fair, as well as the week leading up to the Fair. Starting on Monday September 26th, we will be sorting donations and putting together items for our silent auction and raffle. If you can help out during the day, please leave your name in the office. We will also look at a possible evening for working parents wishing to help with the baskets.

Regarding student volunteers for the Fair: Grade 8 students will be coordinated by Mr. Carrabs; high school students can check with their guidance office or the All Saints office to pick up a volunteer letter. It must be signed and returned to All Saints. All parents wishing to volunteer for our Fall Fun Fair, please contact Christine Derks at cderks@look.ca

The Fair's success rests largely with the community and the support that we receive. Please encourage your family, friends and neighbours to join us in this fun community event. The Fair will go ahead rain or shine, outdoor activities will be moved inside should there be an unfavourable forecast.

SCHOOL BBQ

The annual School BBQ/Teacher Meet & Greet is scheduled for **Tuesday September 20th**. The BBQ will run in the primary yard between 5:00 p.m. – 6:30 p.m. and then students can show their parents their classrooms from 6:30 – 7:30 p.m. If there is rain, we will move the BBQ inside. **There will also be a table set up for parent volunteers, please stop by and meet current Council members as well as Fun Fair Committee representatives and we will be happy to answer any questions that you may have regarding the upcoming Fair, volunteering and any Council sponsored programs at the school.**

PARENT COUNCIL:

The election for Council members this year will be on **Wednesday September 21st**. Nomination forms were included in the package sent home with each student. Meeting dates will be confirmed at the election meeting and posted on the website and the entranceway bulletin board. Our budget is set with input from the school Administration and we review our progress at the monthly meetings.

All parents are welcome to attend the Council meetings: If there is an issue you would like to bring before the Council, please contact Mrs. Levey or the Council Chair in advance of the meeting so it can be added to the agenda.

PARENT VOLUNTEERS:

All of the programs we run are successful due to the parent volunteers that give their time. We have many different opportunities to get involved in the school and we hope that you will consider joining us this year. Volunteer applications went home in every student package and are available in the office. Police checks are a requirement for volunteers that will have interaction with students; forms are available from Mrs. Caves and can be dropped off at our community police station at Glen Erin/The Collegeway. If you have completed a criminal reference check in the past for All Saints, you will need to sign the annual declaration and confidentiality letters for 2011/2012. These are available in the office from Mrs. Caves or Lori Graham. For more information on various volunteer opportunities, please contact Lori Graham at ldgraham@rogers.com

PPM 150 – Food & Beverage Policy

On September 1st, 2011 the new Liberal government regulations outlining what can and can't be sold to students at school went into effect. These regulations impact most of the current programs that we run at the school. For example, on Fantastic Fridays the pizza crust will now need to be whole wheat and any cheese and pepperoni toppings will need to meet the strict guidelines for fat, salt, and sugar. Other vendors such as Lunch Moms and Extreme Pita have changed their menus in order to meet the criteria.

The policy outlines what can be offered for sale in 3 categories:

Sell Most

- 80% or more of food offerings must be in this category
- These will be the healthiest options that are low in fat, sugar and sodium

Sell Less

- 20% or less of all food offerings must be in this category
- These might have higher amounts of fat, sugar and sodium but they still qualify for sale

Not Sell

- No essential nutrients
- High in fat, sugar and sodium

Why was this introduced? The theory is that kids' get 1/3 of their daily intake at school and as such we have a responsibility to promote healthy growth and development. A healthy diet increases concentration and memory, achieves healthy weight management, prevents short and long term health issues (such as obesity, diabetes, high cholesterol and cancer) and builds healthy habits to last a lifetime.

The good news for volunteers that run our lunch and snack programs is that many vendors have developed products that are already PPM 150 approved and are marketed in that manner, such as the frozen yogurt we introduced last year. As we enter the 2011/2012 school year, parents and students need to be aware that the available options have changed.

Our pizza will look different, and our pizza will taste different, but different is good if we are promoting healthier choices for our kids. We hope that parents and students continue to support the Council Lunch programs, as a lot of our yearly fundraising goals are accomplished this way. However, the bottom line is that while Council has to offer choices that adhere to the regulations, ultimately the students make the choice in what to purchase.

FANTASTIC FRIDAY:

Our pizza program will once again offer cheese and pepperoni slices for sale at a cost of \$1.50. The pizza crust will now be whole wheat and the cheese and pepperoni have been changed to meet the PPM 150 guidelines as discussed above. We will start the program on **Friday September 30th**. A sheet of 10 tickets can be purchased for \$15, a ticket order form is enclosed and extras are in the office or on the school website. Unused tickets from last year will be honoured.

FROZEN YOGURT:

The introduction of frozen yogurt cups last spring was a huge success. Selling for \$1.25, the frozen yogurt will be sold along with pizza on Fridays starting **September 30th**. A sheet of 12 tickets will be available for \$15, a ticket order form is enclosed and extras are in the office or on the school website. Unused tickets from last year will be honoured. Two flavours are available: **Strawberry/ Banana and Vanilla/Chocolate Swirl**.

MILK:

The lunch milk program will start the week of **October 3rd**. This is a prepaid program and order forms have been sent home. Students can order white or chocolate milk daily or on certain days of the week. You may join the program at any time during the school year, extra forms are available in the office or on the school website. **Please consider this healthy option for your child!** Milk orders are filled and delivered by staff and students from the ASD room, but we require parent volunteers to attend to the milk room from 11:40 a.m. – 12:05 p.m. each day of the week to handle questions and returns. It is a short time duration, but we require a commitment for the same day each week, if you can help out, please contact Kathy Arbour at kathyarbour@rogers.com

EXTREME PITA:

As an organization, Extreme Pita has made some changes to their menu to earn the approval stamp of the Heart & Stroke Foundation and to comply with the new provincial regulations (PPM 150) for schools. As such their school program has changed significantly from last year. **There are 4 preset pita choices that are available and while ingredients can be left off, no extra ingredients or changes may be added to your pita.** Our team has reviewed the program and determined we will continue this monthly lunch starting in October and evaluate the success based on student feedback. Dates and program information will be sent home shortly.

MR. SUB:

We have been asked by many parents to offer the Extreme Pita more than once a month and had considered doing so this school year. However, with the changes to the Extreme Pita school program, we thought that we would look at alternative lunch offerings. Mrs. Levey had success at her previous school with Mr. Sub and we have heard favorable feedback from other schools. We have decided to alternate between Extreme Pita and Mr. Sub to provide two lunch dates a month. Additional details and dates will be available shortly but the lunches will occur on every other Wednesday.

KINDERGARTEN SNACK PROGRAM:

Order forms and information will be sent home shortly with kindergarten students, so that parents can sign up for this program. In the past we have offered white or chocolate milk, apple juice and two choices of treats. The program will run on the first Friday of each month, starting on **October 7th**.

LUNCH MOMS:

“Lunch Moms” is a company that comes in and offers hot and cold lunch options on Mondays each week. This is a preorder program with menus set by the month. Order forms are sent home with students and if you wish to participate, fill in the order and return with payment to the office where there is a bin to collect orders. Lunch Moms is independent of the school, but the All Saints fundraising account receives a percentage of all sales at the end of the school year.

CUPCAKE DAYS:

Cupcake days have a long and happy history at All Saints and it was one of the items that would be considered on the chopping block due to the new PPM 150 regulations. However, along with the new regulations, schools are entitled up to **10 exemption days** that can be used with the discretion of the Administration and Parent Council. I’m sure that the kids will be thrilled to hear that Council has voted unanimously to continue the cupcake days for 2011/2012. Parents will be asked to bake cupcakes (everything nut free) and asked to decorate them around a theme; **Halloween, Christmas, Valentine’s Day and Easter**. Cupcakes are sold for \$0.25. Baking is alternated between even and odd grades and notice of the event is sent home well in advance of the date. This allows for students who have allergy and/or dietary needs to have an alternate treat prepared and sent from home. **Parents wishing to volunteer to help on cupcake days, please contact Kathy Arbour at kathyarbour@rogers.com**

COMMUNITY OUTREACH

Throughout the course of the year, we have many projects that reach out to both the local and global communities. **We encourage you to involve your children in the process of donating to these worthy causes, teaching them compassion and generosity.** The largest campaigns are the St. Vincent de Paul Christmas baskets, and Sharelife (February/March) both of which are driven by our parish needs. Other opportunities will occur to support the local food bank, and children in developing countries. Unfortunately the **Good Bears of the World Program** which we have run the last two years in September, is winding down their operations due to the changing role of the Canadian military overseas. We will make every effort to get the information to families in a timely manner, but if you have any questions regarding any of these projects, please leave a message in the office and a Council member will get back to you.

MILK BAG COLLECTION

A friend of mine crochets (weaves) plastic sleeping mats for children in Haiti and other developing nations using the outer plastic bag of the 4 litre milk bags. The outer bags are used as they are moisture and bug resistant but it takes 400 bags to make just one mat. Last year, All Saints collected over 5,000 milk bags for this initiative. For the immediate future, we will continue to collect milk bags, which can be dropped off in the office. I hope to be able to display a sample mat again soon so the kids can see the resulting sleeping mat. Thank you for your support.

COMMUNITY ALERT

Due to the recent attempted break ins, there has been discussion about holding a Neighbourhood Watch meeting one evening at All Saints School. While we don’t have specific details, the attempts that we are aware of occurred in during the daytime on Rossland, Galbraith and Loyalist. If you are interested in participating in this neighbourhood watch meeting, please contact Mauro DiDomenico at m.didomenico@sympatico.ca. We will post a notice about any meetings on the community bulletin board just inside the All Saints front doors.

We look forward to another successful school year!

Susan Baird – Council Chair: contact at susancurls@hotmail.com