



HOLY NAME OF MARY SECONDARY SCHOOL NEWSLETTER

Dear Parents/Guardian(s),

Sirach 30.16

“There is no wealth better than health of body, and no gladness above joy of heart”.

Dufferin Peel nourishes the growth of students through a learning environment that is committed to developing the spiritual, intellectual, aesthetic, emotional, social and physical capabilities of its students. Good health is connected to being a symbol of God's love and a precious gift from God, for a healthy body is a way of praising God as we are created in the image of likeness of God. To ignore the importance of good health and let it fall into disrepair would show a lack of gratitude and respect for such a great gift.

The Ontario government is committed to making schools healthier places for students in order to establish the conditions needed to realize the potential of all students. A healthy school environment enhances student learning and success, and enhances students' social and emotional well-being. Schools have an important role to play in helping students lead healthier lives, including teaching students the skills to make healthy choices and reinforcing those lessons through school practices.

The School Food and Beverage Policy contributes to the improvement of education and health outcomes for all students. The School Food and Beverage Policy is a comprehensive approach to the sale of food and beverages in schools province-wide. The implementation of this policy is another step in creating healthier schools in Ontario. It also reinforces the knowledge, skills, and attitudes regarding healthy eating that are developed through the various subjects and disciplines in the Ontario curriculum. For further information on the School Food and Beverage Policy, see Foundations for a Healthy School, at www.ontario.ca/healthyschools.

As part of our school's ongoing effort to promote healthy eating and to comply with the Ministry of Education's School Food and Beverage Policy, we will be working with students, parents, and the staff to improve the nutritional value of food and beverages for sale at our school. These changes will make it easier for students to choose healthy food and beverages and will help them practise what they learn in the classroom about healthy eating.

We are making healthy eating easy!

Sincerely,

S. Gos

Principal