

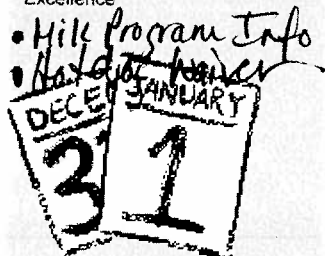


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**Attachments:**

- Jan. Calendar
- Adult Education Info
- Immunization Info.
- Premier's Awards for Teaching Excellence



## A PRAYER FOR THE NEW YEAR

*Dear God, in this new year, I pray,*

*To live deeply, with purpose,  
To live freely, with detachment,  
To live wisely, with humility,  
To live justly, with compassion,  
To live lovingly, with fidelity,  
To live fully, with generosity.*

*To hold this vision and renew it daily to become more one with You.*

## PRINCIPAL'S MESSAGE:

To all our families, best wishes for a promising New Year filled with faith, hope and love. May God grant you grace and every blessing with His gifts and may He keep you safe throughout the year.

We welcome back both Mrs. Carli and Mr. Muzyczka and wish them continued good health. We missed them! And we welcome Mr. Antal as our nighttime custodian.

Each new year provides us with a perfect opportunity to look at what we have done well and what we need to do to improve. This year our school will under go a School Effectiveness District Review Process in which we will receive feedback from our Supervisory Officer - Cathy Saytar and the Ministry of Education about our School Goals and Initiatives.

This year, 2012, will be a busy year as much preparation has been done and will continue to be done as we near our ANNIVERSARY DATE - MAY 10/ 2012! In effort to continue this celebration, and to mark the "newness" of 2012 - we have decided to increase our eco initiative (one of our school action plans) by purchasing a commemorative stainless steel water bottle for each student, staff, and council member - in effort to ensure that the time they spent in this building will be "plastic, non-re-useable "free" Students and staff will learn about the benefits of regular water consumption during the school day for increased brain function and the benefits to the environment when we stop using non-reusable items! A space on the water bottle will be left blank for students to write their names on these bottles!

For this term, a variety of activities and events have been planned for your children and we look forward to a busy and productive second term.

PAGE FOUR OF OUR NEWSLETTER PROVIDES INFORMATION ABOUT WINTER EVENTS 2012 - HERE AT ST. LOUIS SCHOOL - WE LOVE SNOW! AND TEACH WINTER WELLNESS!

**Virtues Education** - will continue this year. A virtue is a habit or established capacity to perform good actions according to a moral standard. St. Louis is an ideal place to practice and prepare to live a virtuous life. **Self-Control is January's Virtue** - which is an attitude that encourages us to involve God in our lives and helps us develop and maintain relationships with God and with others

**Laura DiGiambattista**



Dufferin-Peel  
Catholic District  
School Board

## ST. LOUIS SCHOOL

1450 LEWISHAM DR.  
MISSISSAUGA, ON  
L5J 3R3  
(905) 822-8251

PRINCIPAL:  
L. DIGIAMBATTISTA

SECRETARY:  
L. CARLI

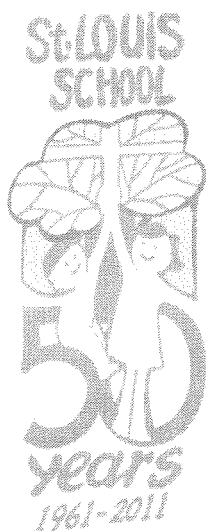
SUPERINTENDENT:  
C. SAYTAR  
(905) 890-1221

TRUSTEE:  
S. HOBIN  
905-301-1210

ST. CHRISTOPHER  
CHURCH  
(905) 822-1171

PASTOR:  
FR. SCOTT YOUNG  
FR. JERRY DUNN

PASTORAL ASSISTANT:  
C. BURLIS



## St. Louis Staff -

L. DIGIAMBATTISTA - PRINCIPAL  
L. CARLI - HEAD SECRETARY  
J. MUZYCZKA - CUSTODIAN  
P. ANTAL - CUSTODIAN  
M. SPIEWAK-KABZA - JK/SK  
T. BOUTROS-NIMER - ECE  
K. CAVLOVIC-SPORCIC - JK/SK  
M. SUBIC - ECE  
T. CONNOR/M. PARENT - GR 1  
E. GREGO - GR 1 / 2  
S. HEINISCH - GR 2  
M. MCNAMARA - GR 3  
C. WATTS - GR 4  
J. MARROQUIN-SANTIZO - GR 5  
M. BOSNJAK - GR 6  
W. SAUNDERCOOK - GR 7  
F. KOTULAK - GR 8  
T. CONNOR - LIBRARIAN  
D. IVANKOVIC - SERT/SERC  
L. MCLEAN - ESL/PLANNING TIME  
D. DEMELO - PLANNING TIME  
H. SALIBA HADDAD - ERW  
M. FIGLIUZZI - ERW  
R. CORRIERO - FSL TEACHER  
PSYCHOLOGY - S. HENRY  
SOC. WORKER - D. KOSTYSHYN  
CHILD/ YOUTH - A. ARCHBOLD  
SPEECH AND LANG. - L. MOESER

### ELECTRONIC NEWSLETTER!

**OVER 80% OF OUR FAMILIES HAVE  
CHOSEN TO RECEIVE A PAPERLESS  
ST. LOUIS NEWSLETTER!**

**IF YOU'D LIKE TO BE ADDED TO OUR  
LIST- CONTACT US!**

## SCHOOL HOURS

8:45 - Supervision in Yard  
9:00 - Morning Bell (please be on time)  
11:30 - Kindergarten Dismissal  
12:00 - Lunch  
12:20 - Lunch Recess  
1:00 - Afternoon Bell  
3:30 - Dismissal  
3:45 - Supervision of dismissal ends

## SCHOOL COUNCIL 2010-2011

On Tuesday, Sept. 27th, 2011 - the following members of the St. Louis School Council were elected:

Chair - Trish Trapani  
Treasurer - Carol Attanasio  
Secretary - Tanis Reynolds  
OAPCE Rep - Marita Claver  
Parish Rep - Trish Trapani  
Teaching Rep - Fran Kotulak  
Non-Teaching Rep - Mary Figliuzzi  
Members: Melissa Sousa, Heidi Ferguson, Sandy Ramos, Eric Lam, Joseph Trapani, Terra LeBlanc, Phyllis Bilan, Diana Ivanova

School Council Meeting dates are: April 11, May 9, June 13

All meetings begin at 6:30 pm and are scheduled for 6:30pm to 8:00pm.

Minutes from each meeting are available for viewing and are housed in the front office of the school.

Contact and inquiries can be made to Chair of your school council at: [jtrapani@rogers.ca](mailto:jtrapani@rogers.ca)

## 50<sup>TH</sup> ANNIVERSARY CELEBRATION

In effort to bring about a year of celebration of the Catholic Education provided to the community of Clarkson by the St. Louis School community, many events have been planned.

**May, 10, 2012 - 50<sup>th</sup> Anniversary  
Mass @ St. Christopher Parish - 7-8pm  
Open House at the St. Louis - 8pm-9pm**

If you should require any additional information, please contact:

Trish Trapani @ [jtrapani@roger.com](mailto:jtrapani@roger.com)  
Daniella Ivankovic

**IONA - Grade 8 Information for Grade 9 – 2012-2013**

**December 7, 2011** - 9:00 am -Grade 8's go to IONA – tour

**December 7, 2011** – 6:30 p.m-8:30pm. – Parent Information Evening

**January 13, 2012** – 1:00 -3:00pm – Curriculum Information Afternoon for Students and Parents --St. Louis Gym – Difference between Applied/Academic Grade 9 Math

**January 9-12, 2012-** IONA Registration packages available to Grade 8 students

**January 15, 2012** – Grade 8 Registration Package Due

(\*registration packages returned to St. Louis – Registration fees paid at IONA)

**GR4,5,6,7,& 8 – GUITAR CLUB BEGINS IN JANUARY 2012!!**

GUITAR CLUB BEGINS RIGHT AFTER CHRISTMAS!!! YOUR CHILD WILL NEED HIS/HER OWN GUITAR AND WILL NEED TO COMMIT TO TAKING LESSONS FOR THREE MONTHS. LESSONS WILL TAKE PLACE ON TUESDAYS. MS MCLEAN WILL HAVE A SIGN-UP SHEET AND ANY QUESTIONS SHOULD BE DIRECTED TO HER.

**GRADE 8 – GIRLS - HOLY NAME OF MARY –**

HOLY NAME OF MARY C.S.S. HAS REGISTRATION PACKAGES ARE AVAILABLE AT – [WWW.DPCDSB.ORG/HNMRY/GUIDANCE](http://WWW.DPCDSB.ORG/HNMRY/GUIDANCE). OR 905-458-5541 EXT 64104

**Grade 4 - St. Christopher – Extended French Program for Grade 5**

St Christopher School will be hosting an information session for parents and students in grade 4 who are interested in registering for the Extended French Program. Information packages and application forms will be distributed at the session scheduled for **January 18<sup>th</sup>, 2012 at 7pm** in the St. Christopher School gym. If you have any questions about the program, please feel free to call St. Christopher School at 905 822-0721.

**Grade 3 & Grade 6 Parents – EQAO INFO NIGHTS!**

**January 10 & 13 –5:45-7:00pm – Grade 3 Classroom**

**January 19 - 6:00-8:00pm- Grade 6- Classroom**

\*Strategies to best prepare for EQAO – May 24 to June 6, 2012 (teachers will send home dates!!)

**GR 4-8 – SKIING DAYS!**

WE SKI:

JANUARY 27

JANUARY 31

FEBRUARY 10

FEBRUARY 17

FOR MORE INFORMATION – PLEASE CONTACT MRS. KOTULAK

**PROFESSIONAL DEVELOPMENT DAYS****NO SCHOOL**

**Jan. 16/12-** Assessment Day

**Feb 3/12-** Reporting to Parents

**May 11/12** – Faith Day- Provincial Priorities

**June 11/12** - Assessment Day

**THERE ARE NO EARLY RELEASE DAYS**

**Liturgical/ Sacramental Update**

**First Communion Information Meeting**

TBA

at St Christopher's Church (children are welcome)

**Confirmation Information Meeting**

TBA

At St. Christopher's Church (BOTH parents & candidate must attend)

**Confirmation – May 8, 2011**

**SCHOOL MASSES****ADVENT-CANDLES**

DEC. 5, 12, 19- 9AM

**CHRISTMAS MASS**

JAN. 11 – 10:30AM

**STATIONS OF THE CROSS**

THURS. APRIL 5- 2:30PM

**EASTER**

TUES. APR 10-10:30AM

**50<sup>TH</sup> ANNIVERSARY MASS**

THURS MAY 10, 2012

7PM-ST CHRISTOPHER

8:30-9:30PM-OPEN HOUSE @ SCHOOL

**NEW!!!YEAR-END**

JUNE 25-10:30AM-CHURCH

7PM- AWARDS

**SCHOOL HOLIDAYS****Christmas Break**

Mon. Dec. 26-Fri. Jan 9/12

**Family Day –**

Mon. Feb. 20, 2012

**Mid-Winter Break –**

March 12 –March 16, 2012

**Good Friday –**

Friday, April 6, 2012

**Easter Monday –**

Monday, April 9, 2012

**Victoria Day –**

Monday, May 21, 2012

## ST. LOUIS MESSAGES - ADDITIONAL INFO



### HOCKEY @ ST. LOUIS – JANUARY 18 & 26, 2012

We are pleased to be able to offer Ice Hockey to our Gr 6, 7, & 8 students again this year. More Info will be sent home shortly about practice ice time and dry land training.

Unfortunately, due to our inability to make a junior team- this will only be offer to our Gr. 6,7,& 8 students this year!

### St. Louis Kindergarten Parents – JK Registration begins Feb 6, 2012-7pm-9pm

Kindergarten Registration will be:

Feb. 6, 2012 – 7-9pm

Feb 8,9,10. 2012 – 9-11am and 1-3pm daily

\*\*\*Parents of current in-boundary JK students need not re-apply as your students will automatically be registered for SK – 2012- 2013 year.

\*\*\*Flex boundary JK students DO NEED to re-apply for FLEX BOUNDARY for 2012-2013

### Gr 1- 8 – Skating Days

There will be **no charge** for students to attend skating afternoons on:

**February 24**

**March 2**

**March 9**

Students will walk over to the Clarkson Rink and will skate from 1:30-2:30pm on each of these days!

Skates are available to borrow from the school.

Helmets and gloves must be provided by parents!

This activity receives its support from schoolwide fundraising

### MILK BAGS- PLEASE KEEP SENDING IN!

Our crochet team – under the leadership of Ms. Claver will be making carpet for Haiti.

Please send only the large, exterior milk bag – clean/ washed-out with soap – to school so our students can use them to make carpets – which will be sent along with other carpets made by other Dufferin Peel Schools – these carpets will be a bed for a child in Haiti.

### VIRTUES INSTRUCTION AT ST. LOUIS SCHOOL

THIS YEAR, ST. LOUIS SCHOOL WILL BE CONTINUING WITH THE BOARD WIDE VIRTUES PROGRAM. THE NOTION OF *VIRTUE* IS DEEPLY ROOTED IN THE CATHOLIC CHRISTIAN TRADITION. A VIRTUE IS A HABIT OR ESTABLISHED CAPABILITY TO PERFORM GOOD ACTIONS ACCORDING TO A MORAL STANDARD. IN OTHER WORDS, A VIRTUE IS A HABIT THAT SHOWS PEOPLE AND GOD THAT 'I AM' A GOOD PERSON. IN A SCHOOL COMMUNITY, VIRTUE FORMATION CONTRIBUTES TO A HEALTHY POSITIVE LEARNING ENVIRONMENT BY FOSTERING A CLIMATE IN WHICH ALL MEMBERS FEEL SAFE, CONFIDENT AND HOPE-FILLED ABOUT THEMSELVES, THEIR RELATIONSHIPS AND THEIR FUTURES. THIS PROGRAM IS CROSS DISCIPLINARY AND RELEVANT TO CHARACTER FORMATION, SAFE SCHOOLS AND BULLYING PREVENTION.

EACH MONTH IS DEDICATED TO DEVELOPING A DIFFERENT VIRTUE.

**SEPTEMBER – FAITH**

**OCTOBER – EMPATHY**

**NOVEMBER – CONSCIENCE**

**DECEMBER – HOPE**

**JANUARY – SELF-CONTROL**

**FEBRUARY – RESPECT**

**MARCH - KINDNESS**

**APRIL – LOVE**

**MAY – ACCEPTANCE**

**JUNE - FAIRNESS**

**Submitted by: Ms. Marroquin and Ms. Grego – Faith Ambassadors Leaders**

# St. Louis Catholic Elementary School

## January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 <b>FIRST DAY BACK!</b>	10	11 <b>PIZZA</b> Milk	12	13 Milk/ Popcorn/ Chips Hot Dogs	14
15	16 <b>NO SCHOOL</b>	17 <b>TERM TWO!</b>	18 <b>PIZZA</b> Milk <b>HOCKEY</b>	19	20 Milk- Popcorn/ Chips Hot Dogs	21
22	23	24	25 <b>PIZZA</b> Milk	26 <b>HOCKEY</b>	27 <b>SKI</b> MilkPop- corn/Chips/ Hot Dogs	28
29	30	31 Report Cards Home <b>SKI DAY</b>				

### Dates in February

Feb 1—Carnival am—Wear your Boots, Mits, Hats—am only      Feb 10—SKI DAY

Feb 2—Interviews—3:30-8:30pm—Term One      Feb 17—SKI DAY

Feb 3—NO SCHOOL Students—Parent Interview Daytime      Feb 24—SKATE

Feb 20—NO SCHOOL—Family Day      Feb 21-SHROVE Tues-Pancake Day!

**Ministry of Education**

Minister

Mowat Block  
Queen's Park  
Toronto ON M7A 1L2  
Telephone 416 325-2600  
Facsimile 416 325-2608

**Ministère de l'Éducation**

Ministre

Édifice Mowat  
Queen's Park  
Toronto ON M7A 1L2  
Téléphone 416 325-2600  
Télécopieur 416 325-2608



December 13, 2011

Dear School Council Chair,

You already know the difference an outstanding teacher or support staff member can make in a child's life – it happens at your school every day. I think others should know about those special people too.

The Ministry of Education created the **Premier's Awards for Teaching Excellence** to recognize outstanding educators and support staff in Ontario.

To recognize the unique role that registered early childhood educators play in helping children and young students, this year we are delighted to introduce two new awards: Early Childhood Educator of the Year and Full-Day Kindergarten Team of the Year.

To date, we have honoured a total of 126 recipients. They have amazing stories to tell – and they go back to their communities energized and motivated to help more children and students. I am hoping you will help capture that energy and motivation in your school by holding a small celebration of your own!

The nomination deadline is February 6, 2012.

Please share this information with other parents and members of your school community. Encourage others to nominate exceptional members of your school or board – people who make a difference to the community and in a child's life.

To learn more about the Premier's Awards and to download electronic versions of the nomination form and promotional materials, please visit [ontario.ca/teachingawards](http://ontario.ca/teachingawards). You can also join our online conversations at [Facebook.com/ONteachingawards](https://www.facebook.com/ONteachingawards) and [Twitter.com/OntarioLEDU](https://twitter.com/OntarioLEDU).

Thank you for promoting the Premier's Awards for Teaching Excellence.

Yours truly,

A handwritten signature in black ink that reads 'Laurel Broten'. The signature is written in a cursive, flowing style.

Laurel Broten  
Minister

Matte article – for school/board newsletters

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### **Nominations Open for Outstanding Educators**

There are many examples of excellence in Ontario's schools, boards and licensed child care settings, and just as many reasons to nominate someone for a Premier's Award for Teaching Excellence.

These awards celebrate educators and support staff who make remarkable contributions to Ontario's education system.

Many staff employed in Ontario's publicly funded schools and boards can be nominated. There are eight award categories:

- Teacher of the Year
- New Teacher of the Year
- Early Childhood Educator of the Year (NEW!)
- Excellent Support Staff
- Excellence in Leadership
- Lifetime Achievement
- Team of the Year
- Full-Day Kindergarten Team of the Year (NEW!)

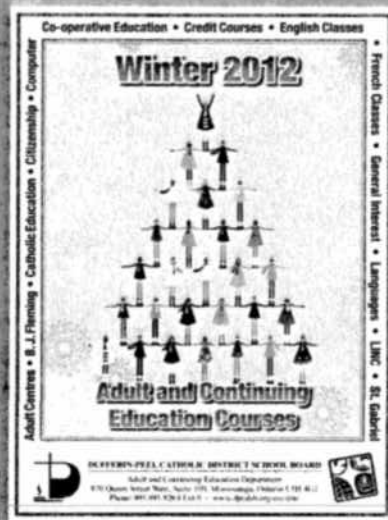
Nominations are open until February 6, 2012. Award recipients will be announced in the spring and recognized at a special awards ceremony during Education Week in May.

To learn more about the awards and how to nominate, visit [www.ontario.ca/teachingawards](http://www.ontario.ca/teachingawards).

# Adult and Continuing Education Winter 2012

## Adult Learning Centres

- Citizenship
- French as a  
Second Language
- English as a  
Second Language
- LINC for Newcomers
- Work Experience



## Continuing Education

- Co-op
- Computer Skills
- General Interest
- International Languages
- Secondary Night School  
Credit

### SECONDARY NIGHT SCHOOL CREDIT PROGRAMS

Dates- February 8 to May 23, 2012 Mondays & Wednesdays

Time- 6:00 p.m. to 9:30 p.m.

Locations- St. Aloysius Gonzaga C.S.S. - Philip Pocock C.S.S. - Notre Dame C.S.S.

Program- Secondary Credit Courses Grades 11 & 12

Registration Deadline- February 1, 2012 12:00 noon

To register contact your Guidance Department. Adults contact 905-891-9263 ext. 0

### GENERAL INTEREST PROGRAMS

Dates- January 30 to April 2, 2012

Time- Most programs run 7:00 p.m. to 9:00 p.m.

Fee- Program specific

Locations-

- Brian J. Fleming Adult Learning Center - Holy Name of Mary C.S.S.

- Loyola C.S.S. -St. Charles Garnier -St. Francis Xavier C.S.S

Programs- Refer to *Adult and Continuing Education Courses Winter 2012 Guide*

Registration Deadline- January 20, 2012 To register please call 905-891-9263 ext. 0



### INTERNATIONAL LANGUAGE PROGRAMS

#### REGISTER NOW - ONGOING REGISTRATION

#### ELEMENTARY INTERNATIONAL LANGUAGE CLASSES

Dates - September 10, 2011- June 2, 2012 Saturdays Time: 9:00 a.m. to 11:30 a.m.

Locations- 18 Elementary Sites (refer to *Adult and Continuing Education Courses Winter 2012 catalogue*)

Program- Languages vary at each site (25 languages)

Registration Deadline- On-going registration in person on Saturdays only at the International Language Site of your choice.

#### PRE-REGISTRATION AVAILABLE MAY 2012

#### SECONDARY INTERNATIONAL LANGUAGE CREDIT

Dates - September to May

Locations- Father Michael Goetz CSS, John Cabot CSS & Cardinal Leger CSS

Credit Program- Languages vary at each site (19 Languages)

Pre-registration for 2012-2013 - Early May 2012

Please check website [http://www.dpcdsb.org/CEC/CNE/International+Languages/](http://www.dpcdsb.org/CEC/CNE/International+Languages/Home.htm)  
[Home.htm](http://www.dpcdsb.org/CEC/CNE/International+Languages/Home.htm) or call (905) 891-9263 ext.0.

### ADULT LEARNING CENTRES

Second Language Programs- English as a Second Language - French as a Second Language - TOEFL - Citizenship

Work Skill Programs- Co-op Programs - Business Courses - Computer Programs

Mississauga- Brian J. Fleming Adult Learning Centre Mississauga - St. Gabriel Adult Learning Centre

### OF INTEREST

Adult Day Computer Classes - FSL Programs - Car Maintenance for Women

## General Inquiries

Adult and Continuing Education Office  
870 Queen Street West, Suite 100, Mississauga  
905-891-9263 ext. 0

## Adult Learning Centres

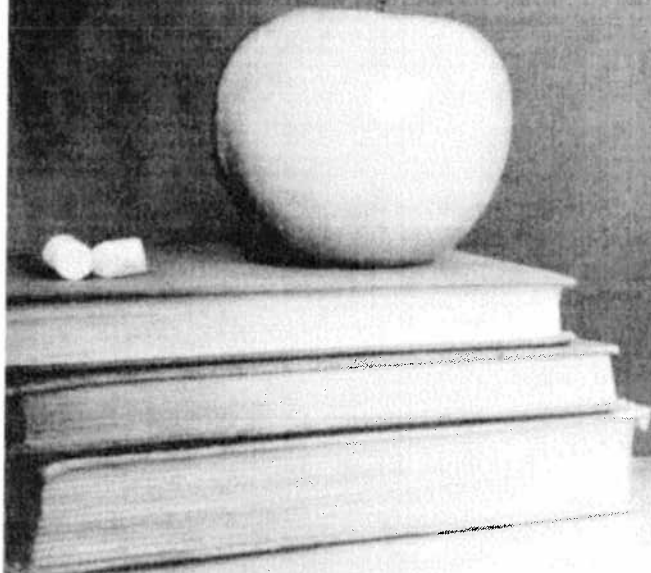
St. Gabriel  
3750 Brandon Gate Drive, Mississauga  
905-362-0701

Brian J. Fleming  
870 Queen Street West, Mississauga  
905-891-3034

# IS YOUR CHILD IMMUNIZED?

- Send your child's most up-to-date immunization records to Peel Public Health.
- This school year, Peel Public Health will be reviewing student immunization records.
- Parents may receive a letter from Peel Public Health if their child is missing required immunizations or if the records have not been updated with the health department.
- Immunization is a simple and effective way to protect your child against infectious diseases.

For more information visit [www.immunizepeel.ca](http://www.immunizepeel.ca)  
or call Peel Public Health at 905-799-7700.



 **Region of Peel**  
*Working for you*  
Public Health



# ST. LOUIS SCHOOL



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Principal: L. DiGiambattista  
Head Secretary: L. Carli  
School Council Chair: T. Trapani

Superintendent of Schools: C. Saytar  
Pastor: Fr. Scott Young  
Assistant Pastor: Fr. Dunn  
Trustee: S. Hobin

---

## Hotdogs

Hotdogs will be on sale every **Friday – from January 13, 2012 until February 17, 2012 – at lunchtime.**

This product complies with the new food legislation and has been researched by our School Council.

This is a fundraising initiative and funds will be used to support many school goals.  
**Hotdogs will cost \$1.00.**

If you should require any additional information, please feel free to contact me

Sincerely,

Laura DiGiambattista

---

I give \_\_\_\_\_ my permission to buy **hotdogs** from Jan. 13 to Feb. 17, 2012.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

**Each 250 mL glass  
of 2% partly skimmed  
milk provides:**

Energy 129 calories (540 KJ)

Protein 9 grams

Carbohydrates 12 grams

Plus the percentages of  
recommended daily intake:

Vitamin A 10%

Vitamin D 50%

Thiamin 8%

Riboflavin 25%

Niacin 10%

Vitamin B6 6%

Folic Acid 6%

Vitamin B12 45%

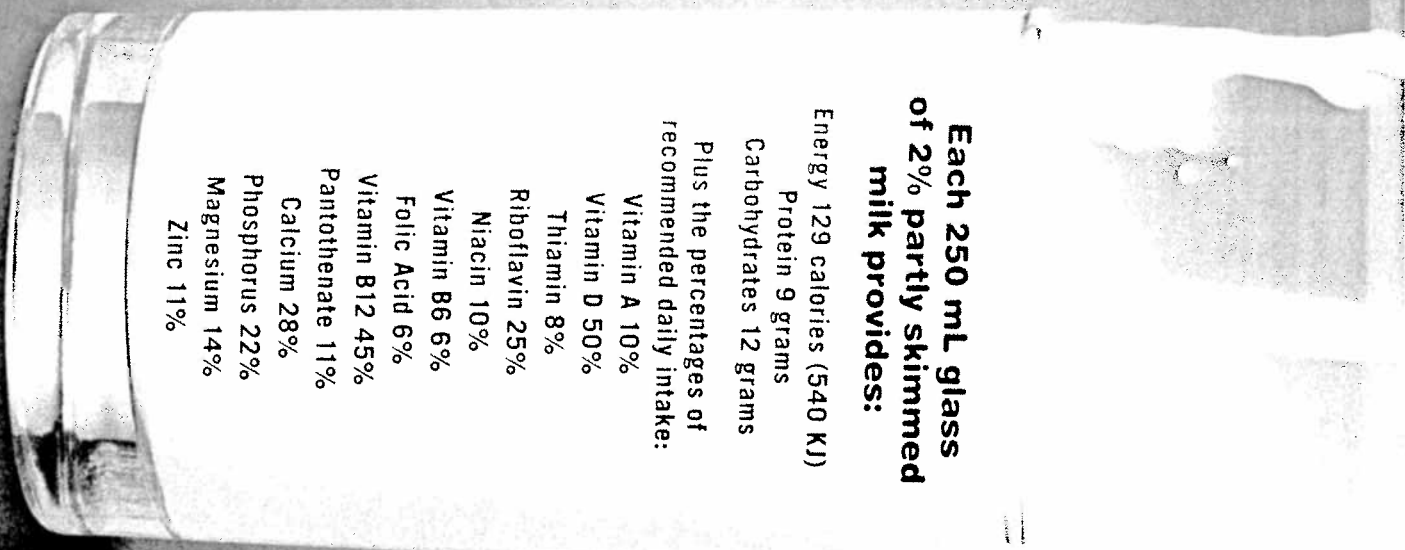
Pantothenate 11%

Calcium 28%

Phosphorus 22%

Magnesium 14%

Zinc 11%



[milkinschool.ca](http://milkinschool.ca)  
1.888.730.MILK

2011/12E-4



skill keeps



# What is the Elementary School Milk Program?







Celebrating its 25th year, the Elementary School Milk Program is a program committed to providing elementary students with milk on a daily basis. Since its inception, millions of children have benefited from this program with the help of thousands of volunteers and people in the dairy industry.

## Why enroll your child?

- It's a great way to make sure your child gets the milk they need to stay healthy, alert and ready to learn every day.
- It provides a safe and easy way for your child's school to fundraise, with many schools raising over \$5,000 a year.

## It's a great opportunity to volunteer.

- It's a program that helps keep your child performing at their best.
- It's something you and your child can be a part of together.

	 WHITE MILK 2% MILK	 CHOCOLATE MILK 1% MILK	 APPLE JUICE WITH ADDED VITAMIN C	 FRUIT DRINK WITH ADDED VITAMIN C	 SPORTS DRINK	 ORANGE SODA
Calories - %	28	28	2	0	0	2
Water - %	50	55	0	0	0	0
Vitamin A - %	10	10	0	0	N/A	0
Vitamin C - %	0	4	180	190	2	0
Sugar - g	9	9	0.3	0	0	0
Salt - g	5	3	0.3	0	0	0
Carbohydrate - g	12	28	30	30	17	32
Cholesterol	120	166	121	120	67	128

All values are based on 250ml of fluid. % = % Daily Value. The values indicated are approximate and can vary from one product to another. Reference: Canadian Nutrient File, 2010.

**According to Canada's Food Guide:**

- Children 2 to 8 need two servings of Milk and Alternatives every day.
- Children 9 to 13 need three to four servings of Milk and Alternatives every day.

## Know the facts.

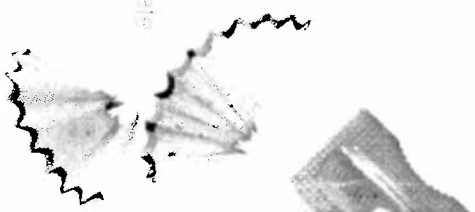
- Studies show that well-nourished children can concentrate longer and perform better in school.
- 1/3 of children are not receiving the recommended daily amount of Milk and Alternatives.
- Each serving of both white and chocolate milk contains 15 essential nutrients.
- Soda, fruit-flavoured drinks and sports drinks are less nutritious options than milk.

## Chocolate milk is good too.

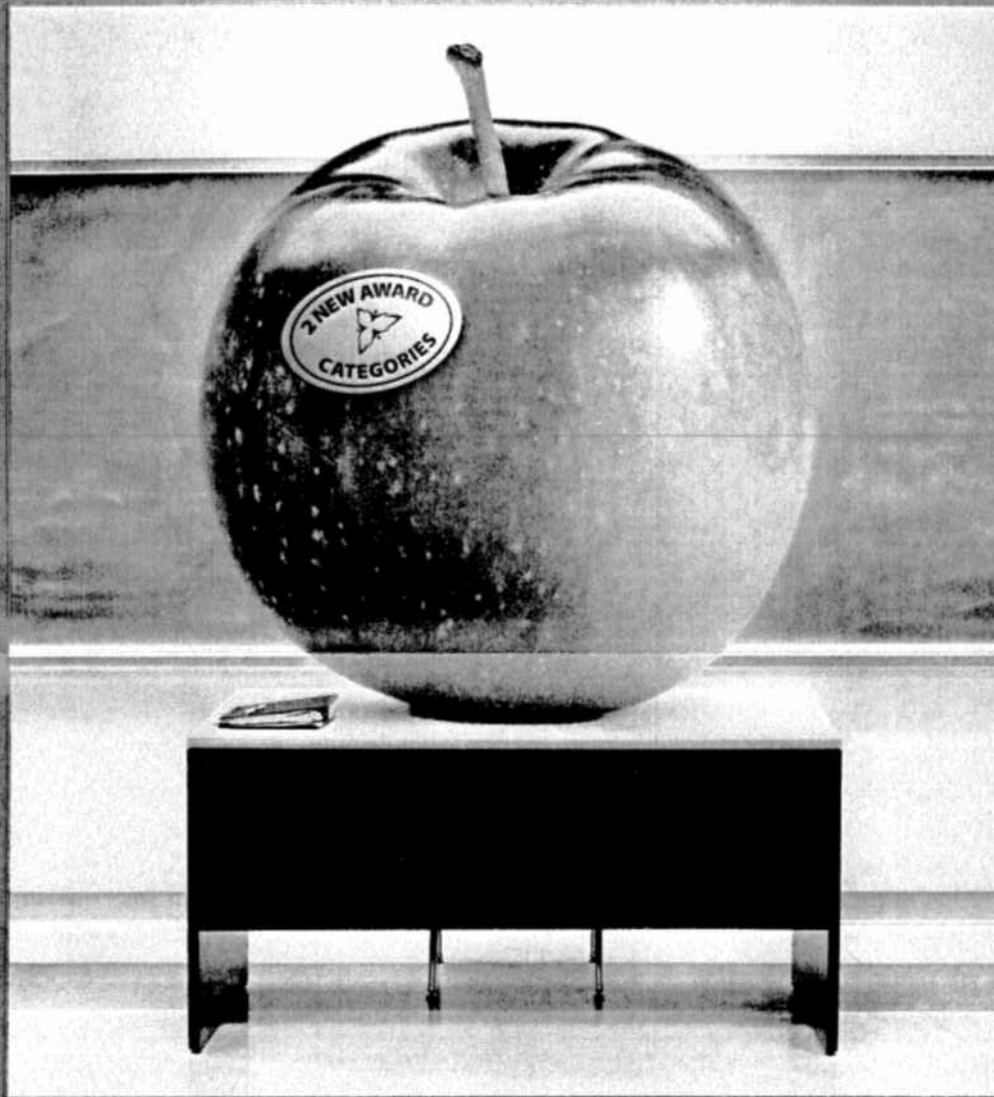
- Chocolate milk has no more sugar than the same amount of unsweetened apple juice.
- It contains the same amount of protein, vitamins and minerals as white milk.
- It tastes great, so kids love drinking it.

## Get your children off to a great start!

Enroll your child in the Elementary School Milk Program today. For more information, go to [milkschool.ca](http://milkschool.ca) or call 1.888.730.MILK.



# EXCELLENCE IN EDUCATION DESERVES SOMETHING EXCEPTIONAL



## SEND IN YOUR NOMINATION TODAY!

The Premier's Awards for Teaching Excellence recognize Ontario's outstanding educators and support staff. If you know someone extraordinary, please submit a nomination.

For nomination forms and more information, visit [ontario.ca/teachingawards](http://ontario.ca/teachingawards)

**Nomination Deadline: February 6, 2012**



[facebook.com/ONteachingawards](https://www.facebook.com/ONteachingawards)



[twitter.com/OntarioEDU](https://twitter.com/OntarioEDU)

PREMIER'S AWARDS  
FOR TEACHING EXCELLENCE

