

**École Intermédiaire Lawrence Grassi Middle School Council**  
Wednesday, October 10, 2012 – 6:30 PM  
Meeting/Staff Room LGMS  
Minutes



**LEARNING COMPONENT: Healthy Eating & Nutrition for Children and Youth (6:30 – 7:30 PM)** Candice Chow, RD Health Promotion Coordinator, AHS:  
(Note: 3 extra parents attended this session in addition to our Board of directors)

**A) -Comprehensive School Health: 4 pillars:**

- 1) Social Physical Environment: Vending machines without pop or chips in schools is important.
- 2) Teaching/ Learning: Schools are teaching the Health Curriculum so schools are reinforcing healthy eating.
- 3) Partnerships and Services: School/ physical environment, teachers/parents etc. are supporting good general health
- 4) Healthy School Policy: Canadian Rockies is promoting healthy eating in general  
-“Healthy Eating Environment Initiative” This initiative promotes and supports healthy eating for students through words and actions and ensures the school’s practices around food are consistent with nutrition messages students learn in the classroom.  
-Why is healthy food important in schools? It promotes health and well-being, improves school outcomes, reinforces lessons taught in the classroom, may increase revenue (decrease initially but when comfort levels increase with healthy options, revenue will increase again), portrays a healthy image.

**B) AB Nutrition Guidelines for Children and Youth:**

[www.healthyalberta.com/AboutHealthyU/280.htm](http://www.healthyalberta.com/AboutHealthyU/280.htm)

- 3 categories for foods: 1) Choose most often : “Go signs” i.e. plain yogurts  
2) Choose sometimes (still beneficial but higher in sugar and fat/salt): “Yield signs”  
3) Choose least often (Low nutrient foods) “Stop signs” i.e. pop

-30% of our children do not meet the recommended minimum of 2 servings of milk per day. Most children did not meet the recommended servings of vegetables and fruit (5-10 servings)...This is not that hard considering the “serving sizes”. Generally, our servings are bigger than they should be. A serving size is about the size of a hockey puck.

-Serving Sizes: 1 medium piece of fruit or vegetable (about the size of a tennis ball), ½ cup of raw or cooked vegetables or fruit (about the size of a hockey puck), 1 cup of leafy vegetables (about the size of a baseball), ¼ cup of dried fruit, (about the size of two golf balls) \*1 deck of cards is recommended for meat. If we are eating these serving sizes, then we should also be receiving the recommended amount of calories and nutrients. Remember this is just a guide and we should also keep in mind the activity levels of the kids as well.

**C) Eating Well to Fuel the Body:**

How can we get our daily servings? Have 2 or more servings at each meal and snack. Pack vegetables and fruit for lunch. Keep a colorful fruit bowl on the table. Slice your favorite fruit for dessert. Add fruit to cereal, oatmeal, muffins, and pancakes. General rule for sports drink is length of time and activity / intensity of sport...If not continual/ high intensity then drink something else.

#### **D) Tips for Lunches and Snacks:**

Witching hour: Come home from school and the kids are starving. The key is to plan! Plan ahead of time for this: Create a simple lunch and snack, think in food groups-aim for all 4 food groups. Try something new...be creative! Provide healthy foods and be a role model for healthy eating behaviours. Get your kids involved in packing lunches and snacks. Candice uses her slow cooker so that her dinner is actually early and then snack time is reversed. Keep a well-stocked pantry: zip lock bags, whole grains breads, cereals, crackers, dried/canned fruit, canned vegetables, canned tuna/salmon, canned beans/ chickpeas...In fridge: yogurt, cheese, mild, fresh vegetables and fruit, 100% juices...In freezer: whole grain pitas wraps, low fat homemade muffins

#### **E) Being Healthy Together: Healthy lunches:**

Cubed cheeses, cherry tomatoes, whole wheat crackers, lean deli meat, drinkable yogurt with a piece of fruit, high fibre granola bar, boiled egg, pasta or potato salad with vegetables, burrito to go, leftover pasta, cut up veggies, fruit bowl on counter, take a healthy snack when you leave the house, clear your pantry of unhealthy snacks, plain popcorn with a sprinkle of herbs, bake an apple with cinnamon, freeze yogurt in a popsicle tray.

-Stay healthy by : staying hydrated with water: drink before, during and after activity

-Be a role model: children mirror healthy habits of those around them. Eat with your kids at the table: Children who eat with family/ friends kids are less likely to smoke, use drugs or alcohol, do better in school, and eat healthier themselves.

Active parents=Active children

\* Say “Yes you can have that...as long as you’ve eaten the other healthy foods.”

#### **F)Cooking/ Lunch club-Things to Consider:**

Things to consider: Why would we start a cooking club? Building a team, this will involve a team. Consider funding and creating a budget, finding a facility: when is this club offered? It also involves recruiting facilitators and equipment.

## INFORMATION:

Attendance: Alanna Mcleod, Lori Wynn, Betty Mah, Leanne McKeowen, Liz Baker, Shari Worobey, Alison Andrews, Debbie Morgan, Brian Wityshyn, Alison Carter

1. Call to Order & Welcome Any New LGMS Council Members and Guests

7: 50 pm

2. Adoption (Amendment) of Agenda - any items to be added or deleted?

Amendment to mental health proposal is postponed to November meeting.

3. Confirmation/Approval of Past Minutes – approved by email?

Confirmed: with spelling of Candice Chow corrected

4. Reports

- Principal's Report :

- Teachers really appreciated the breakfast provided...they signed a card which was read at the meeting.

- The Open House was well-attended and displayed good energy as parents and students sang the LGMS song.

- As of Sept. 30, 2012 student numbers have been finalized: 384 students which is down 9 students from last year.

- Activities such as volleyball and the band program have begun:. Camp Caroline was a success and kids enjoyed themselves and learned a lot!

- Proposal to BCF (Banff Community Foundation) for a grant for the arts: Thanks to those involved in writing up and submitting the grant!

- Creative Spark project: This is a unique art program through which kids are expressing themselves.

- Cross country Zones (grades 5-8) : Great photos were taken and kids were successful.

- Travelling Arts Display: Looks great! Thanks Leanne for arranging this!

- French Exchange Program: Looking at a second exchange or a traditional one week trip.

- Parent Teacher Interviews are next week and the book fair will occur at the same time.

- Lunch hour programs include: intramurals, robotics, writer's workshop, cartooning with Alex Finbow, ping pong, library is open, Spanish club is very popular and there is interest in starting up a Japanese program. Rusticana has provided positive feedback to the school regarding behavior of LGMS students at lunch times.

- Terry Fox Run: \$100 more is needed and Brian will be duct-taped to the wall.

- Chris MacPhee's will be visiting schools and will be constantly receiving feedback from staff.

- November is Bullying Week and as a Learning Component, Bill Beasley is recommended as a Speaker. He does charge, but if we open it up to the community, it may be covered.

- Drama: Alex Finbow will agree to do a drama class for about 13 grade 8 students.

- A Flex-option class will be offered as a "study/ homework" class for grades 7/8 during options and will be embedded during the school day

- Telus tower: Telus is putting off a public meeting as they are in consulting with the Town for alternative land space for the tower. Parent feedback: Have they modeled the electromagnetic radiation...get them to actually measure in the school. Brian has contacted Ken Riorden to come in and so that we have that peace of mind. We would also like to know the radiation from when it's turned on and when it's turned off.

- School art calendar: This was cancelled and saves several thousand of dollars.

- **Treasurer's Report:** See attached: Pizza twice a week was hugely popular and has provided an estimated pizza surplus of \$6000. In total it is estimated that we will have \$9400 surplus at the end of the year.
- Motion to pay excess bill for furniture \$3753. (Alison Andrews made the motion, Liz Baker seconded the motion)  
A goal of council was to make the entrance area, more of a gathering area and the furniture makes it feel more welcoming.  
In reserve is \$2300...This would be enough to pay for the chairs and another ping pong table.  
Possible choice to spend the reserve fund would be a big screen for assemblies that hangs in gym.  
-Travelling art exhibit: Edge Gallery gave a cheque for \$75. Thank you!

- **Volunteer Coordinator Report:** Betty sent out a list for volunteers.

5. New furniture – Brian  
Furniture is beautiful! \$3753 was spent from school council funding/ pizza days. Would like to buy some chairs to place in front of the office for parents to sit on. (Please refer to Treasurer's Report for cost.)
6. Items for Brian - Telus tower update, school art calendar, Creative Spark Program: these were covered in his report above.
7. Mental Health/Emotional Intelligence Proposal – Adrienne Lawlor: postponed to November's meeting
8. Grant Writing Initiatives – update and new proposals – Alison C.  
  
Liz Baker looked into Casino grants for possible fundraising options.
9. Reporting Procedures - Descriptors VS. Marks regarding student assessment – Alanna tabled for next meeting.
10. Hunt Memorial/Award – Alison A. –Alison talked to Bill and Laura and they agreed that this would be a nice gesture. She suggested that at one meeting we talk about a couple of ideas or 2-3 options that would be suitable and so that Bill and Laura would be able to have their input. The idea is so that some kind of Memorial Award would be available for this spring. Criteria for this award would have to be established. (Carried forward for next month's agenda.)
11. Learning Component – November: Bill Beasley: Bullying: Alison suggested we inform parents of what the school is already doing to prevent and deal with bullying.

Meeting adjourned at 9:01

Date and time of next meeting:

November 14, 2012 at 7:00 PM