



# St. Catherine of Siena Catholic School

## Update for June 4, 2009



### St. Catherine of Siena Catholic School

2140 Quarrier Road  
London, Ontario  
N5G 5L4

Phone: 519 675-4437

Principal: Ms. L. Smith

Vice-Principal:

Mrs. J. Lewis

### Mission Statement

With a pioneering spirit we, the Community of St. Catherine of Siena, are dedicated to fostering a learning environment that encourages academic excellence, faith expression, leadership and the celebration of our individual gifts.



### Go Bananas Day !!

Friday is Go Bananas Day at St. Catherine of Siena. Students participating are asked to wear yellow and bring a banana for snack. Bananas are low in saturated fats, cholesterol and sodium. They are a great source of dietary fiber, Vitamin C, Vitamin B6 and potassium.

Bananas taste great so bring one on Friday for Go Bananas day. Students not participating must wear their uniform on Friday.

### Lawn Maintenance Care at School

We have had some questions regarding the schedule for cutting the grass at the front of the school. The School Board contracts these jobs for every school in the system and the contract stipulates that the grass is cut once every 2 weeks.

### Milk Monday

Monday June 15 is Milk Monday. Drink your milk at school ! Bring some milk to school ! Have some milk at home or at a restaurant !

White milk. Chocolate milk. Milk is soooo good and it's good for you !! Canada's Food Guide recommends that children ages 4—8 need 2 servings of milk (or milk alternatives) per day and children 9-13 need 3-4 servings.

With its nutrient-packed goodness, milk helps students thrive both physically and at school. Children who drink milk at lunch are more likely to meet their bone-building needs.

So bring your milk and participate in Milk Day on June 15, 2009.