



# *St. Catherine of Siena Catholic School*

Friday April 23 is a  
PD Day for all students

Update #33

## *Update for April 19/10*



**St. Catherine of Siena  
Catholic School**  
2140 Quarrier Road  
London, Ontario  
N5G 5L4

Phone: 519 675-4437

Principal: Ms.. L. Smith  
Vice-Principal:  
Mrs. C. Anthony

**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



LONDON DISTRICT  
**Catholic School**  
BOARD

our individual gifts.

### **St. Catherine Of Siena Nutrition Guidelines for a Healthy Lifestyle**

Just a reminder that our Healthy School Committee developed these guidelines last spring to help support our students in developing a safe and healthy lifestyle. With the emphasis on healthy eating through the various campaigns held each year, children are learning to make good choices when considering snacks and overall eating patterns. With the support of our School Council last year, our committee developed guidelines to build on the success of these campaigns to ensure that all of our activities are aligned with sound nutritional practice.

Your continued support in following these guidelines will help support healthy eating practices for our children.

### **Guiding principles for Healthy Nutritional Practices:**

- 1) Only juice concentrates and water will be available in the school vending machine.
- 2) When food is used as a fund raiser, the focus will be on items from the moderate and maximum value list—see attached lists.
- 3) Only food from the moderate and maximum value list may be used as a reward or for celebrations in class.
- 4) Holiday celebrations (Halloween, Christmas, Valentines Day) - if students are bringing in food for these celebrations, the emphasis will be on providing foods from the maximum and moderate lists.
- 5) Parents bringing in class treats for birthdays are to follow the maximum and moderate value list when making choices of what to send to school.

