



**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



**our individual gifts.**

# *St. Catherine of Siena Catholic School*

Update #1

## *Update for Sept. 8, 2009*

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

Our Healthy School Committee will continue our focus on encouraging 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 support in following the following guidelines will help ensure the success of our guidelines to ensure 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.

