



# CHILD NUTRITION NETWORK



| SPRING 2011 NEWSLETTER |

## SCHOOL PROFILE

# Rainham Central Public School



Top Left Photo: Students enjoying snack from Mrs. Hughes Grade one class. Top Right Photo: Volunteers from left, Sara Drynan, Jerri Whiting, Sarah Burke, Cassy Bowden

Located close to Fisherville, Rainham Central is a rural school with a big heart. Its snack program began in February 2009 - 2 days a week.

At the beginning of the 2009/10 school year, Rainham received money for infrastructure change which funded renovations to the staff room. Updates saw the addition of new sinks, cupboards and appliances. Rainham was also one of the recipients of a Burlodge refrigerated cart that came in handy for the storage of milk.

All of these improvements helped to facilitate the program's ability to serve 3 food groups, 5 days a week! Since most of the school's population arrives by bus, students appreciate the pick-me-up they get at the beginning of each school day. Grade 7 teacher, Nick Head, says, "I have been able to make the nutrition program part of our opening routines. My students are much more alert and ready to engage in learning. There is also a social benefit. Snacks

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## Rainham Central Public School - School Profile

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are set up buffet style and the etiquette of sharing politely with peers is evident. It doesn't interfere with classroom instruction as students at the intermediate-level are able to eat nutritious snacks and still get on with their lessons!"

Volunteer parents prepare the food items, and pack them into cooler bags, which are then picked up by students and delivered to all 12 classrooms. These same parents share in baking mini-muffins, shopping, and fundraising. Some supporters include: "No Frills" in Hagersville, the Haldimand War Memorial Hospital in Dunnville, and the Norfolk Fruit Growers Association in Simcoe. Funding sources for Rainham's exciting program include CNN, Breakfast for Learning, Breakfast Clubs of Canada, and their own in-school fundraising endeavours.

A big thanks to the students, volunteers, and staff that make this the awesome program that it is! Keep up the great work!



## Spring has sprung and the grass has sprouted. Here come the Farmer's Markets. Let's Get Fresh!

The Student Nutrition Programs in the Dunnville area are looking forward to bringing in more fresh produce from the local Dunnville Farmers Market.

We are happy to report that the "Farm to School Depot" is now completely set up and ready to start sorting the produce and getting it out, not only to Dunnville Central and Thompson Creek schools, but opening it up to all area schools!

In the meantime, we've been busy getting out the apple and orange juice tetra packs! A Special Thank You to all of the volunteers who stopped in to pick up cases of juice. Most recently, we had our first delivery of Cheese Wiggles at the "Farm to School Depot".

Please feel free to connect with Karen Allen and arrange to drop by and pick up some of the produce once the farmers start delivery!

Watch for more information about developing the same type of program in the Norfolk area!

**One last tip:** When making up your shopping list for your Program, try to make the FIRST stop your local farmers market to get the freshest home-grown goodness for our children!



*Farm to School Depot at Salvation Army*

## Regional Student Nutrition Program Update April 2011

### Provincial Infrastructure Funding:

The Network recently received a small amount of additional provincial funding to provide new and existing programs with additional support to purchase basic program supplies and equipment that will enhance local programs. New programs, that did not participate in earlier infrastruc-

ture grant allocations, will receive up to \$2,000 to purchase start up equipment.

### Grant from Imperial Oil

The Child Nutrition Network received \$10,000 from the Imperial Oil Foundation to provide training in "Basic First Aid" and "Safe Food Handling" for program coordinators and volunteers. The network

will also be able to provide all programs with insulated cooler bags and ice packs to ensure the milk, cheese and yogurt products being delivered to students are transported and maintained at 40 degrees Fahrenheit. This funding will help ensure that all programs meet the food safety standards through volunteer training and equipment enhancements!

Child Nutrition Network's

# Spaghetti Dinner raises \$5600.00 this year

The 7<sup>th</sup> Annual Child Nutrition Network Spaghetti Dinner on March 10<sup>th</sup> at Holy Trinity Catholic High School was a big success again this year. Student Nutrition Programs at Lynndale Heights, Doverwood, Elgin Ave., West Lynn Public Schools, and St. Joseph's Separate School benefited from the monies raised at the event.

Thank you to all the following businesses and service clubs that helped:

Kwic Internet, Giant Tiger, Good Humor Breyers, Del-Bac Sales, Townsend Butchers, Norfolk Fruit Growers Association, Richview Acres, Hank DeKoning Ltd., Royal Bank, Sobey's, V.G. Packers, Roulston's, Food Basics, Blue Elephant, Jensen Cheese, McDonald's, McKay Financial Services, Carstar Collision Pro, The Co-operators (Alice Smith), and The Co-operators (Jeff Goble). Scotiabank's "Team Scotia Program" came through again this year with a cheque for \$2500.00 for the Child Nutrition Network. The Norfolk Sunrise Rotary of Simcoe and Venture Cafe also helped in the kitchen and out on the floor.

Special thanks to everyone who attended and helped support the Student Nutrition Programs in Norfolk County!



The Child Nutrition Network received a donation of \$2500.00 from Scotiabank. The staff was treated to "Breakfast in a Bag" from Elgin Ave. Public School and N.Y.C.A. as a thank you for their continued support to the Student Nutrition Programs in Norfolk County. The donation will purchase healthy food for the following programs: Doverwood Public, Elgin Ave. Public, Lynndale Heights Public, St. Joseph's Separate and West Lynn Public School. The donation was given in conjunction with this year's Child Nutrition Network Spaghetti Dinner held in March. On hand to receive the "Breakfast in a Bag" were (from left) Debbie Rush, Fran Haskett, and Adela Mudford from Scotiabank.

## Breakfast Clubs of Canada's Youth Ambassadors Contest

A huge congratulations to Shannon MacDonald, Grade 7 student at Dunnville Central Public School, for being chosen as one of the Ambassadors for Breakfast Clubs of Canada.

Shannon will be spending 4 days at the Tim Horton's Youth Leadership Camp in Parry Sound at the end of May. Shannon is from a large family and has never been to camp. She does a lot of volunteer work including helping out with The Dunnville Skating Club. She is involved in special events at her school and is Student Council President. When asked about this honour, her response was "I can't believe I got selected for the BCC Leadership Camp... I can't wait to go to camp! When I am there, I hope it benefits me by improving my skills and possibly working on new ones. I would also like to build up my confidence and make some new friends." We wish Shannon all the best and can't wait to hear about her experiences upon her return.





Ken Smith, member of the Rotary Club of Simcoe, presents a cheque for \$500.00 to Sharon Smyth, Community Facilitator, REACH, in support of the Child Nutrition Network. Also in this school year, we received an additional \$2500.00 from the other clubs in Haldimand and Norfolk: Rotary Club of Norfolk Sunrise, Rotary Club of Delhi, Rotary Club of Delhi, and Rotary Club of Dunnville. Last year, the Rotarians support made available 383 bushels of local apples for students in area schools!

## CONTRIBUTOR'S CORNER

# Thank you!

A generous donation of \$3200.00 was received from the **Haldimand Mayor's Golf Tournament** for Student Nutrition Programs at Dunnville Central Public School and Turning Point - Dunnville. Special thanks to Mayor Trainer and Heather Flaherty who helped to make this donation possible.

The support from **Scotiabank** allows the Child Nutrition Network to donate \$3432.82 to Student Nutrition Programs in Haldimand & Norfolk.

**Union Gas** donated \$2,000.00 toward the Student Nutrition Programs in Haldimand & Norfolk County this year.

A **Black & White Gala held by the Salverda Family** was held at the Greens of Renton and a donation of \$1500.00 was received from the event to help support the Student Nutrition Programs.

**Tim Hortons "Smile Cookie Campaign"** in Cayuga donated \$1000.00 towards the Breakfast Program at J.L. Mitchener Public School in Cayuga.

A special thanks to **Tim Hortons in Hagersville & Caledonia** for their generous donation of \$3,360.00 from the Smile Cookie Campaign.

We would like to thank **Clark Foundation** for their donation of \$5000.00 that will go towards the Student Nutrition Programs in Haldimand County.

A special thanks to **Aldridge Chiropractic**, Caledonia for their generous donation of \$600.00 towards one of the Student Nutrition Programs in Caledonia.



This newsletter has been designed and produced by the Haldimand-Norfolk Health Unit.



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