

Smart Talk



The Newsletter of the Kids Eat Smart Foundation Newfoundland and Labrador

November 2013

Foundation News

On November 5, 2013 Kids Eat Smart Foundation held its Annual General Meeting. Highlights of the 2012-2013 year included:

- The start of a new year strategic plan for the organization that will focus on awareness, school participation and fundraising
- 12 new Kids Eat Smart Clubs started in schools and community centres around the province
- Kids Eat Smart Clubs are in almost 80% of public schools throughout the province



The Chair of the Board of Directors, Paul McDonald, took the opportunity to thank the generous supporters of the organization including; the Government of Newfoundland and Labrador as the sustaining partner, national partners, Breakfast Club of Canada and Breakfast for Learning and the many local businesses, community groups and individuals who support Kids Eat Smart Foundation. The event was an opportunity to thank and recognize several Board Members who dedicated their time and expertise to the organization including, Steve Power, Ralph Percey, Daniel Kutcher and Gina Pecore. Paul McDonald, a longtime Board member and Chair of the Board of Directors since 2010 also retired. Dr. Victoria Crosbie was introduced as the new Chairwoman of the Board of Directors of Kids Eat Smart Foundation. Dr. Crosbie practices in the area of Developmental Pediatrics, specializing in the diagnosis and management of conditions such as ADHD, Intellectual Disability, Autism and Learning Disabilities. Her expertise in the area of child health will no doubt strengthen the work of the Foundation as we move forward.

Club Spotlight - White Hills Academy



When hunger strikes at school, White Hills Academy Kids Eat Smart Club has got you covered!

The volunteers at White Hills Academy in St. Anthony are overwhelmed with the enthusiasm of the students at their Kids Eat Smart Recess Club. Snacking on nutrient-dense foods at recess is a great way for these students to satisfy their hunger between meals, to help improve their concentration in class and to get extra nutrients into their diet during the day. James (Grade 12 student) said that he looks forward to the recess bell ringing so he can find out what healthy snack will be offered each day.

Volunteers at this KES Club serve a variety of healthy grains, fruits or vegetables and milk products to over 150 students daily. Sherry Squires, Bonnie Hynes and Jeff Blackler team up to coordinate the activities along with eight dedicated community volunteers and three students who serve food regularly to students. Sherry says that "Bonnie and I put so much time into this program because we have seen the positive effects that it has on the youth in this community." She said, "the thanks we get on a daily basis is heart warming. When students start asking you in July if there is going to be a snack program in the fall, you know that you are doing something right!"

As a fundraising initiative for their Kids Eat Smart Club, these volunteers are organizing a teenage dance in November. Students will get moving to raise financial resources which will be used to purchase healthy foods for their KES Club. These students are certainly on their way to living a healthy life!

Partner Spotlight



Kids Eat Smart Foundation supports 232 Kids Eat Smart Clubs in schools and community centres throughout Newfoundland and Labrador. With the help of thousands of volunteers, over 21,000 school aged children receive a nutritious breakfast, lunch or snack every school day.

We couldn't do this without the generous support of our many donors and partners like Breakfast Club of Canada (BCC). BCC is a national organization dedicated to ensuring that every school aged child in Canada has access to a healthy breakfast.

Since 2010, with the help of their national partners like Costco Wholesale, The Cora Foundation and Walmart, BCC has donated over \$360,000 in cash and gift cards to support Kids Eat Smart Breakfast Clubs in our province.

Thank you BCC, and your national partners from every school aged child in Newfoundland and Labrador who participates in their local Kids Eat Smart Breakfast Club!

Community Spotlight Sprucewood Academy - Grand Falls Windsor



The Kids Eat Smart Club at Sprucewood Academy in Grand Falls-Windsor is truly a community Club. There are eight volunteer groups; four of these are teams from the Kiwanis Club, Bell Aliant Pioneers, Salvation Army Family Services and MCP staff. The other four volunteer teams are made up of various community volunteers, including parents and grandparents.

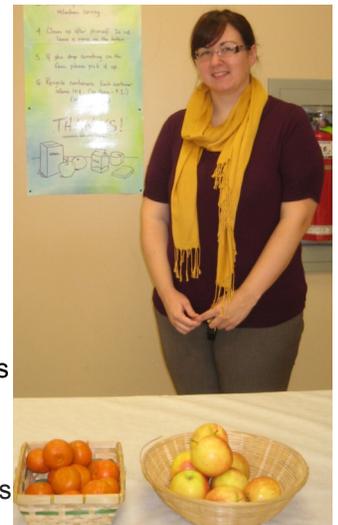
Students are served a nutritious sit-down breakfast on Tuesday, Wednesday and Thursday, and grab & go breakfast on Monday and Friday. An average of 100 students, from kindergarten to grade six, are served every day. Each volunteer group has an assigned day each month and the schedule works very well. The volunteers often comment on how much they enjoy coming to the school to serve breakfast to the students, and the students surely love to see the volunteers. The KES Club works remarkably well, thanks to the dedication and support of the wonderful community volunteers.

Volunteer Spotlight Crescent Collegiate - Blaketown

The new school year has brought a new volunteer coordinator at Crescent Collegiate in Blaketown. Sandra Harnum has stepped up to fill the role of coordinator at this very successful Kids Eat Smart Breakfast Club.

Sandra was first introduced to the Kids Eat Smart Club when she attended Crescent Collegiate as a student. Now, as a teacher, she is committed to the program and to ensuring all students have access to a healthy start to their day. She has seen firsthand the positive impact this program has on the students.

"I am very proud of the things that the school has done for its students and community over the years since it opened its doors in 2001. One of the best accomplishments has to be the Breakfast Club. I am honored to be a part of it!" said Sandra.



We are delighted to have Sandra volunteer with the Kids Eat Smart Club.

Thank You!



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