

September 3, 2013

Dear Parents/Guardians,

The Breakfast Program at Smithson P.S. is a great success, providing nutritious breakfasts for students to begin their day!

The food the children receive includes the required servings from Canada's Food Guide with the emphasis on fresh fruits and vegetables. Healthy food is essential for students' physical, emotional, social and intellectual development. Well-nourished children are better able to concentrate, more effectively retain and apply what is learned and are more likely to show positive social behaviour.

Our Breakfast Program will begin mid September. Please watch the website for the start date.

The breakfast program runs Monday-Friday and is organized as follows:

Breakfast is served: 8:00 -8:30 am

Quiet activity time in the library: 8:30-8:40 am

Supervised play outdoors: 8:40 – 8:55 am

If you would like your child to attend the breakfast program at Smithson P.S., please fill in the permission slip found below and return to the school. If you are available to volunteer with this program, please indicate on the permission slip.

Kind Regards,
Carolyn Graham
Principal

I give Permission for _____ to attend the Nutrition for Learning program at Smithson School .

Food allergies? _____

_____ I would like to volunteer with the Nutrition for Learning Breakfast program. Please indicate

contact information: _____

Parent/Guardian signature