



Canby School District  
Volume XI  
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2017

## Delivering on Student Well-Being

### Promote Student & Parent Success: Chef in the Classroom

The promotion of reading and good nutrition to students is important work and our department places an emphasis on both. One event we started this year is Chef in the Classroom to help introduce healthy habits, nutrition, reading and a whole lot of fun to our primary students.

During the month of January, Carus Elementary was the featured school of the month for the community-wide reading initiative Canby Reads. In support of this program we brought chefs, and treats, to three primary classes for some reading excitement.

“Little Pea” by Amy Krouse Rosenthal was one of the books we read and it inspired our snack for the day, Snapea crisps, a tasty alternative to potato chips.

Roxanne Bennett read to Mrs. Nelson’s first grade class and she said students enjoyed the book, the

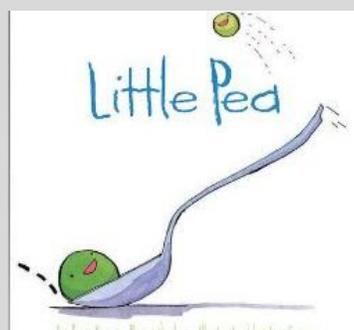
snack and especially the opportunity to talk to her in the classroom environment about healthy eating and their favorite school meal ideas.

The book, Little Pea, had been heard by a few students but it was still enjoyed by all.

The opportunity to read aloud and share the excitement, suspense, emotion and sheer fun of a new book is an opportunity our team enjoys immensely.

We are so excited to continue to work alongside our team in the district to support reading and nutrition.

Little Pea by Amy Krouse Rosenthal



### Increase Student Achievement: Healthy Meals to Fuel CHS Students

At Canby High School our team has been working on ways to encourage more students to eat school meals instead of leaving campus for lunch. We think this is an important task because school meals provide nutrition that helps with learning, retention and health.

This year at CHS we’ve been experimenting with menu items to see which ones bring students to the cafeteria and one of our recent additions, the Philly Cheesesteak Sandwich, has been a hit! We start with a fresh baked whole grain sub roll, add seasoned beef, roasted onions and bell peppers and top it with a low-fat white queso sauce—the students (and staff) have loved it. This sandwich is not only tasty but fills the kids up with lean protein, whole grain carbs and a serving of vegetables. The first day we served this sandwich, 27% of the students picked it as their entrée! We are very excited with these odds for a new item.

We are passionate about adding healthy, delicious items that the students love and we are excited to keep finding more that work!

### Promotions: Future Chefs

In December, we announced our culinary exhibition event Future Chefs would be taking place in March. Right now we have collected all of the delicious recipes from the students and are working through the competitor selection process.

We cannot wait to announce the competitors and for twelve 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders from across the district to recreate their healthy comfort food recipes for a panel of judges and compete for the title of “Canby School District Future Chef 2017!”

The tentative date of the event has been finalized and it will take place on **Tuesday, March 21, 2017 at the Baker Prairie Middle School Kitchen & Commons**. The students will arrive at 4:00, the judging will begin at 6:30 and the winner will be announced at 7:00PM. Anyone is welcome to come and watch this event. Please reach out to Galina Dobson with any questions!



## Nutrition: Fresh Pick of the Month

February's Fresh Pick of the Month is going to be radishes! We have a few local vendors, like Cal Farms in Oregon City, to buy fresh radishes from and we are excited to support them with our fresh pick of the month!

Radishes come in many different forms, sizes, colors and even flavor profiles. The red globe variety is the most common but there are many others out there. Each variety offers a new flavor and opportunity for enhancing a meal. The watermelon radish, for example, has a peppery but

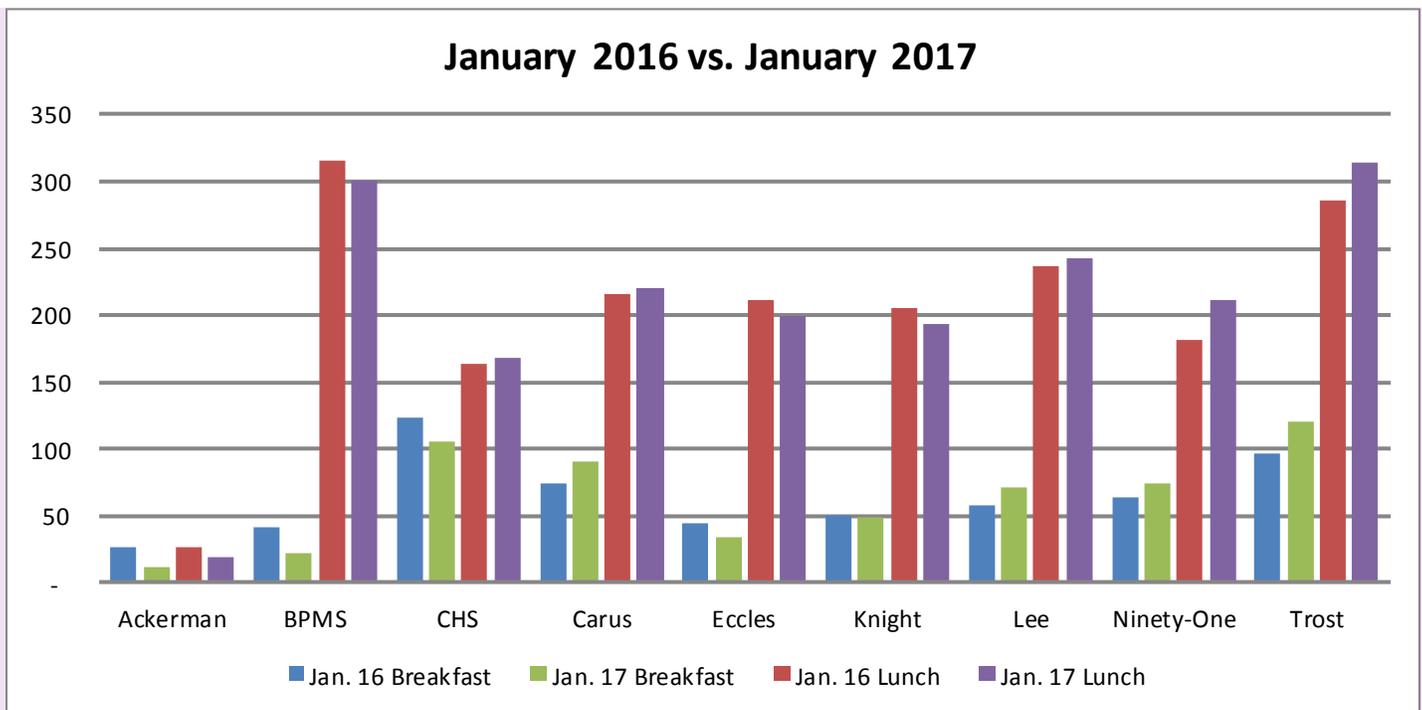
mildly sweet flavor unlike the sharp pepper taste of a red globe radish.

Radishes health benefits are numerous too! They are an excellent source of antioxidants, electrolytes, minerals, vitamins and dietary fiber all for only 14 calories per cup! Studies suggest that an antioxidant found in radishes, sulforaphane, has a proven role in preventing prostate, breast, colon and ovarian cancers with a cancer-cell growth inhibitor.



Radishes are a great addition to any stir-fry, salad or slaw! The French often roast them and serve them with sweet butter and salt for a breakfast treat. There are many recipes available, as a main dish or an ingredient, so try adding this tasty, nutrient packed vegetable!

## Performance: Average Daily Participation



The data above shows the average, daily participation for all sites during January of 2016 compared to January 2017. We realized a 2% overall increase in lunch participation and stayed consistent during breakfast participation. We are happy to see average daily participation increasing after the inclement weather which led to low meal participation in the beginning of January 2017.

Canby High, Carus Elementary, Philander Lee Elementary, Ninety-One and Trost Elementary Schools all saw an increase in meal counts this month over last year. Ninety-One School saw the largest increase at 31 more meals on average, per day! Great job to the team out there Carol Barrow, Peggy Wolfgang and Alesa Vaughn (pictured left to right) for executing their menu, promotions and customer service with excellence!



## Promote Student Success: Mindful Eating



When was the last time you had a mindful meal, what does it mean to eat mindfully?

Mindful eating focuses on how you engage in eating—how fast you eat, appreciation of the food and recognition of your hunger, etc. The concept of mindfulness, not just for eating, is to be present in the moment and aware of your surroundings by

paying close attention to all of your senses.

In a new article from the Academy of Nutrition and Dietetics, mindful eating strategies were discussed by registered dietitian nutritionists Susan Mitchell and Regina Ragone and bariatric dietitian Amanda Clark. These strategies include having a deliberate focus on the food in front of you by examining the variety and noting the smell, texture, temperature and savoring the flavors. These methods can help people eat slower, get more enjoyment from a meal and commit to mindful eating, the dietitians said.

This type of brain training is perfect for the person who has a goal of engaging in a healthier lifestyle but cannot stand the thought of another “diet” program. Mindful eating isn’t a diet it is a way of approaching one’s relationship and thoughts about food.

The next time you sit down to eat a meal take the time to try and differentiate the flavors in the items you’re eating. Does it taste fresh, can you notice each ingredient? Pretend to be a critic who is going to write about the meal so you can focus on pinpointing and enjoying the items you’re eating. Then try again to ask yourself when was the last time you had a mindful meal?



My name is Galina Dobson and I am the Director of Nutrition Services for the Canby School District. I am a proud Washington State Cougar Alumni with a degree in Hospitality Business Management. I love working for Sodexo and supporting their values. I am passionate about supporting the Canby Nutrition Services Team in our pursuit of enriching the lives of our student body, staff and community.

Feel free to reach out to me with any questions! My phone number is 503-263-7140 ext. 3480 and my email is [dobsong@canby.k12.or.us](mailto:dobsong@canby.k12.or.us)

## Diversity & Inclusion: African American History Month

February is African American History month. This event serves to recognize, celebrate and honor the life, culture, history and accomplishments of African American individuals in every endeavor throughout the nations history.

Carter G. Woodson and his organization, The Association for the Study of Negro Life and History (ASNLH), first conceived and announced “Negro History Week” in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The celebration was then expanded to a month in 1976 by President Gerald R. Ford.

This year the Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum and many more will join together in paying tribute to the African American story in US history.

If you’re interested in participating in the celebration there are many events locally like the Portland Jazz Festival, a citywide month long celebration, and the Cascade Festival of African Films hosted by Portland Community College!



Members of the Army Air Force 332nd Fighter Group, Ramitelli, Italy, WWII (Library of Congress)