



Canby School District

Volume XII

March

2017

Delivering on Student Well-Being

Promote Student & Parent Success: What Makes Eccles Special?

Eccles Elementary School is currently doing a project asking students “what makes Eccles special?” The project has the students take a picture of what makes Eccles special to them and then they write a short description. These responses and pictures are then posted in the hallway for all to see.

Reading through the different answers to the same question is quite eye opening. A person can really get a feel for what it is that each student looks forward to when coming to school. While a lot of the pictures are of the same item, each description is unique.

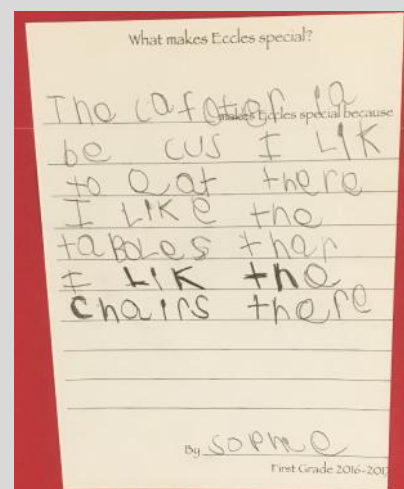
One heartwarming thing that made Eccles special to quite a lot of the students was fifth grade teacher, Mr. Gingerich. It is great to see how one person’s influence can affect so many students!

One of the kitchen team’s favorite was one written by a first grader about the cafeteria:

What Makes Eccles Special?

“The cafeteria because I like to eat there. I like the tables there, I like the chairs there” - Sophia (first grade).

Well students like Sophia is what makes Eccles special to our team and we are so thankful to get to serve them everyday!



Lift-Off! Sodexo’s Nutrition & Wellness Mascot

Who is that bright blue star-shaped character? That’s Lift-Off!, Sodexo’s nutrition and wellness mascot used to teach elementary-aged children healthy habits. Lift-Off! has his own playground – a website packed with fun and educational activities for children of all ages. It features several zones for children to explore and learn about fitness and nutrition, play games and download printable activities. Lift-Off!’s Playground also has simple and nutritious recipes to make at home, nutrition and fitness challenges to encourage healthy eating and staying active and a Fresh Pick for Better Health section that highlights different fruits and vegetables each month. Lift-Off! also decorates the serving line, helping students transfer any lessons from the playground to their lunch choices. Overall, he’s a fun coach for our students to learn about their well-being.



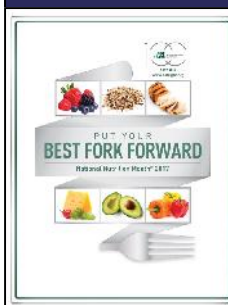
Visit Lift-Off!’s Playground at <https://www.liftoffisplayground.com/> for more information!

National Nutrition Month® 2017

National Nutrition Month® is an annual nutrition education and information campaign during March. This event was created by the Academy of Nutrition and Dietetics in 1973. The theme this year is “Put Your Best Fork Forward” as a reminder that each bite counts.

Making small, impactful changes in food choices can add up over time. The 2015-2020 Dietary Guidelines for Americans suggest starting with small changes in order

to make healthier lasting changes you can enjoy. The academy wants to encourage people to try creating an eating style that includes a variety of their favorite, healthful foods. So this March give it a try and Put Your Best Fork Forward!



Nutrition: Fresh Pick of the Month

Our fresh pick of the month for March is beetroot, more commonly known just as beets! Although root vegetables like beetroot are traditionally fall crops, many varieties also grow well during the spring.

Packed with essential nutrients, beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron and vitamin C.

Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure and increased exercise

performance. Many of these health benefits are due to their high content of inorganic nitrates.

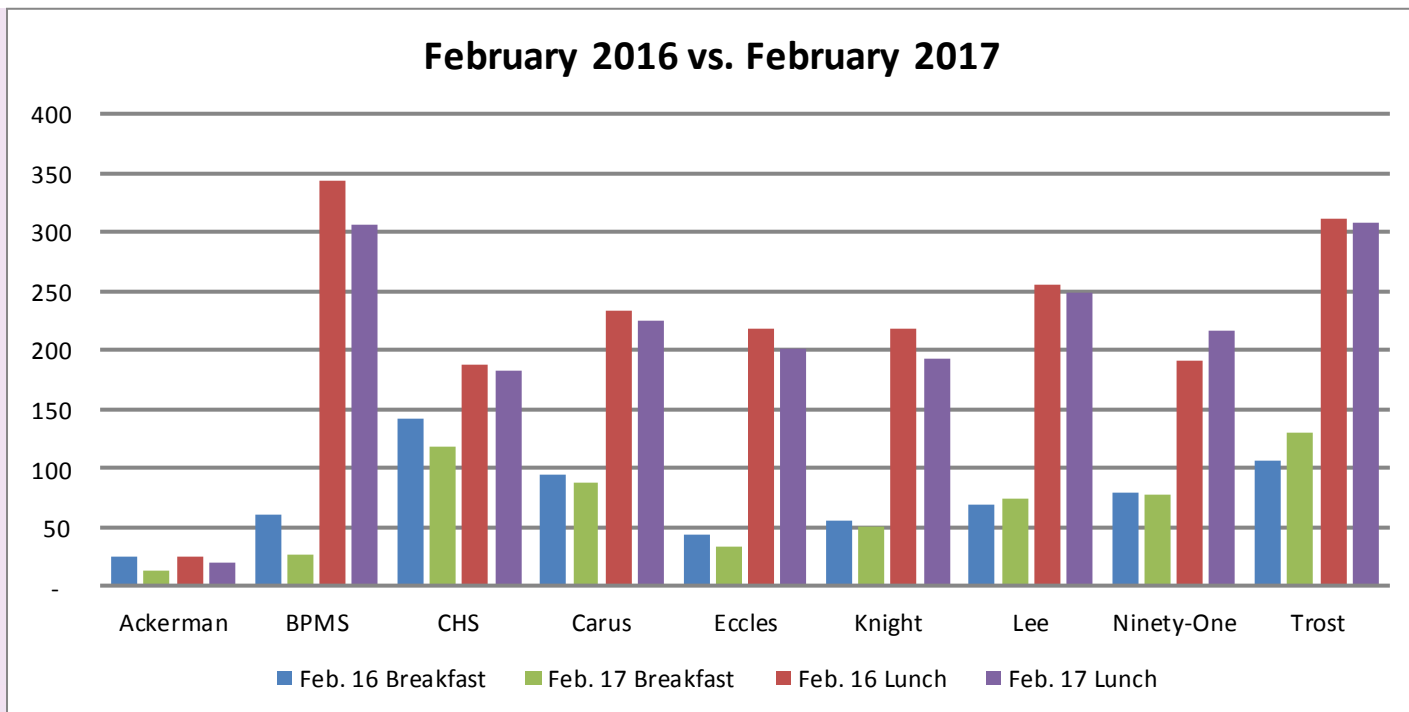
Beetroots are delicious when eaten raw, but are more frequently cooked or pickled. Our students really enjoy pickled beets by themselves or added to their salads.

Beets should be cooked whole and unpeeled; you should also be sure to trim the stem to 1 inch to minimize bleeding and flavor loss. Once tender from cooking beets can be peeled and sliced, mashed or crushed. For a more intense flavor, roast



the beets, being sure to cover a baking sheet with aluminum foil first to lessen your cleanup time. Try a mix of roasted potatoes and beets paired with roasted chicken for a healthy and filling dinner!

Performance: Average Daily Participation



In the chart above the average, daily meals served during February of 2016 is compared against the average, daily meals served during February of 2017. During February 2017 we saw a 5% overall decrease in meals served in comparison to last year.

However Philander Lee Elementary, Ninety-One and Trost Elementary Schools all saw an increase in meal counts over last year. These three sites have done a great job all year of increasing their meals served whether at breakfast or lunch.

During March and April we already have some new menu items planned as well as some fun promotions in order to increase participation in our programs!

National School Breakfast Week: Celebrating Healthy Breakfast in Schools

In correlation with National Nutrition Month®, the week of March 6th through 10th is the National School Breakfast Week (NSBW). This week is meant to bring awareness to the availability of the School Breakfast Program (SBP), which makes it possible for all school children in the United States to receive a nutritious breakfast.

The School Breakfast Program is modeled after the National School Lunch Program and provides nutritious breakfasts to students at participating schools. Participation climbs yearly — currently almost 90,000 schools and institutions offer school breakfast. According to USDA's Food and Nutrition Service, during the 2014-15 school year approximately 13.7 million children participated in school breakfast on any given day. SBP meals help students get fueled up for success in the classroom and beyond.



The 2017 NSBW theme is “Take the School Breakfast Challenge,” and it is meant to encourage students, staff and school officials to increase their participation in school breakfast as not only students benefit from starting their days with a healthy meal. According to the Food Research and Action Center, children who eat breakfast are more likely to:



- Reach higher levels of achievement in math and reading
- Have better concentration & be more alert
- Retain more of what they learn
- Participate in class
- Maintain healthy weight

This year, to assist in our efforts to have more of our students to eat breakfast, we will be offering fun activities like coloring pages, word scrambles and crossword puzzles in the cafeteria during breakfast time. Between 42 and 59 percent of American children do not eat breakfast every day even with all of the research showing the advantages of having a morning meal. During NSBW we are hoping to help build some new habits and reduce those percentages in our district.



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.

Please 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