

Minutes

Wes Hosford School Parent Council

Thursday January 21, 2016

Attendance: Laura Jackson, Clare Wilson, Jennifer Magnusson, Sarah-Jane Lovgren, Tasha Parent, Kim Oliver, Colleen Miller-Helwig, Shannon Pasma, Pam Erickson, Nicole Niles, Patti Berry, Kari Huk

Meeting called to order: **6:40 pm**

1. Welcome
2. Adoption of previous minutes: Moved by Clare Wilson, seconded by Sarah-Jane Lovgren, PASSED
3. Appreciation: We appreciate those who helped organize the Saffron presentation, and thank you to Dinesh for supplying the samosas!
4. Report from Trustee (10 min): Trina was not present.
5. Principals Report – Patti Berry (10 min)
 - a. Thank you to the Grade 2 teachers for attending tonight’s meeting
 - b. The Christmas Concert was a great success again this year!
 - i. Thank you for all the help at the Christmas Concert, especially setting up and cleaning up. It’s a lot of work and it was appreciated.
 - ii. Thanks you to Salisbury for arranging the live feed again this year. We had 506 views from Canada, the US, and around the world, with lots of good feedback from grandparents and other family members who couldn’t be here in person.
 - iii. Sal is booked for next year for Wednesday, December 14, 2016.
 - c. January events:
 - i. Grades 4-6 have been curling at GARC with Heather Nedohin and they’ve been enjoying it and learning a lot. They will be back for round 2 in February
 - d. February events
 - i. Teacher’s Convention: Feb 4-5
 - ii. Hair Massacure: Feb 19. Last year we raised over \$27K. We’re starting to collect pledges this year and kids have signed up to either be shaved or go pink.
 - iii. Young Author’s Conference: Feb 28. Grades 4-6 authors are nominated by their teacher to spend a Saturday to work with a local author in Sherwood Park.
 - iv. Clubs: Indoor Running Club: Miss Pasma is leading the IRC in preparation for the event on Feb 17 at the Butterdome. Mr. Henderson is leading the Floor Hockey Club and Ms. Rusnell is leading a Drawing Club at lunch.
 - e. School Education Plan: our goal was to increase parent engagement. As part of the accountability piece, the government will be mailing a survey to parents of Grade 4, 7, and 10 students and we want to make sure they fill it out. So we will be making Grade 4 parents aware of the survey. We find that our parents are engaged and involved, but maybe not responding to the survey, so we want to increase our response rates.
 - f. Next year: 39 ECS (Kindergarten) already registeres.
 - g. Sign replacement: we’ve looked into replacing the sign out front and gotten one quote so far from Advantage Signs, between \$8,000 and \$10,000 for a similar sign. We looked

into a digital sign, but the cost would be much more (\$20-30K) and it would require permits, permissions, plans, etc. that are much more involved and not really worth the expense. Kari will shop around at the Teacher's Convention and try to find some competitive quotes there.

- h. Security cameras: These are not set up at elementary schools.
 - i. Nutrition policy: there is a nutrition policy in effect that will impact a few of our programs. Kari provided a handout of the Healthy Eating Food Guide (attached) and noted that we need to avoid providing/selling foods from the "Serve Least Often" group. This will affect our treat days and some portion of our hot lunches. We may have to make some substitutions next year or find some alternatives that fit in the other categories.
6. Other Business:
- a. Saffron Presentations: The presentation was well attended and was a successful evening. Some notes:
 - i. Parents want to do it again next year. It's good to keep up with the current info, apps, etc., since it's always changing and we want to educate parents about the real world.
 - ii. Julie (presenter) was great: engaging, fun, relatable, etc.
 - iii. It was advertised for Grades 5/6 but it was relevant to all parents. Maybe market it to the whole school next year.
 - b. Book Fair:
 - i. Nov Book Fair: amazing job, Tasha!
 - 1. Sales total was \$7500 (as compared to \$5500 from Spring 2015 and \$5900 from Fall 2014). Best since 2010!
 - 2. School receives a combo of product and cash.
 - 3. All volunteers were supposed to get a ticket to shop at the warehouse sale but this was not well communicated. We will make sure that everyone who volunteers in March will get one and also send one to everyone who volunteered in Nov.
 - ii. Next Book Fair: March 21, 22
 - 1. Everything is now in digital format so it should be easier.
 - 2. We will stagger classes next time.
 - c. Teacher's appreciation: thanks to Clare, Kim, Laura, Lisa and Jill for putting on a lunch on November 24. It was well received. Next one is March 22 and it will be run by the same team.
 - d. Sports Day: some of the staff have volunteered to run Sports Day with the help of parent volunteers. Thank you!
 - e. Parking lot at GARC. What a mess. It's a dangerous place to be in the afternoon with cars double parked, waiting, parked illegally, backing, etc. Can we do anything to alleviate the situation?
 - i. Patti will contact our RCMP SLO
 - ii. It will be included as a safety section in our next newsletter.
7. Meeting adjournment: Moved by Kim Oliver, seconded by Tasha Parent. PASSED

Next meeting: March 17, 2016 @ 6:30 p.m. (in library)

Live Outside the French Fries Box:

Guidelines to Help Your School Make Healthy Food Choices

Serve Most Often

GRAIN PRODUCTS		MILK PRODUCTS	
Whole grain bread/toast/bun Home made muffins Pasta/rice/whole wheat or rice noodles Unsweetened/low sugar cereals English muffins	Homemade whole wheat banana bread Roti Baked Bannock Whole-wheat bagels/pita/bread Whole grain crackers Tortillas/rice cakes	Low fat cheese (e.g. cheddar <20% MF) Cottage cheese Milk based soups Yogurt Low fat milk (1% and skim) Fortified soy beverage	
VEGETABLES & FRUIT		MEATS & ALTERNATIVES	
Fresh/unsweetened frozen fruit Canned fruit in juice Raw/ cooked vegetables	Unsweetened juices Vegetable soups *Dried fruit (no sugar added) Baked potatoes	Cooked beans and lentils Canned fish (packed in water) Eggs Ham	Fish/seafood Lean cuts of beef/pork **Peanut butter/nuts Tofu Lean cuts of chicken/turkey

Serve Sometimes

GRAIN PRODUCTS		MILK PRODUCTS	
Granola/granola bars Plain popcorn/pretzels Fruit crisps/cobblers White bread/crackers (e.g. soda)	Plain homemade cake **Cookies (made with oatmeal, peanut butter or dried fruit) Croissants Biscuits	Eggnog Milk puddings Ice cream ***Flavoured milk Low fat milk (1% and skim)	Frozen yogurt Regular cheese Custards Processed cheese slices
VEGETABLES & FRUIT		MEATS & ALTERNATIVES	
Fruit in syrup Vegetables with sauces or breading		Wieners/sausages Canned luncheon meats Pepperoni sticks Deli meats	Fish sticks Breaded meat strips Canned fish (in oil)

Serve Least Often

These foods are high in sugar, fat or salt and should not be every day choices.

Pastry/danishes	Cookies (with icing)	Gravy
Syrup/honey	Frozen ice treats (popsicles)	*Fruit leather with sugar added
Pie	Cheese puffs	Milkshakes
Cream cheese	Presweetened cereals	Whipped cream
Cakes with icing	Soft drinks	French fries
Chocolate/candy	Sherbet	Sport drinks
Chilled coffee drinks	Cheese spreads	Flavored popcorn/chips
Sticky buns	Bacon	Jams/jellies
Sour cream	Fruit drinks (e.g. punch)	Instant packaged noodle soups
Chips	Flavored jelly powder	Poutine

Source: Good Nutrition at School, David Thompson Health Region

* These foods are sticky and tend to stick to teeth, increasing the risk of tooth decay. When these foods are eaten with meals, the risk of tooth decay is lower. The risk is lower yet if these foods are eaten and followed by brushing, rinsing with water, eating a piece of cheese or chewing a piece of sugarless gum.

** Check for students' food allergies before serving food at school.

Resources for allergies:

Calgary Allergy www.calgaryallergy.ca.

*** Although the nutrient content is similar, white milk is a better choice over flavoured milks because it has fewer calories and less sugar.

TIPS:

Milk Products: aim for 2% MF (milk fat) or less, aim for 15% RDI of calcium and 25% RDI of Vitamin D per serving

Grain Products: aim for 2g of Fibre or more per serving

Meats and Alternatives: aim for 5% RDI or more of B vitamin and iron per serving

Vegetables and Fruit: a good source of Vitamin C (aim for 30% RDI), Vitamin A and Folic acid (aim for 15% RDI)

For all food groups: Aim for less than 2 g saturated fat/serving and no hydrogenated vegetable oil/vegetable oil shortening or added "trans fats"

*RDI=Recommended Dietary Intake

Adapted from: The Role of Schools in Promoting Healthy Eating as well as Dietitians of Canada – School Food and Nutrition Recommendations for Ontario Ministry of Education www.dietitians.ca/news/media.asp