

September 19, 2012

Squeeze a cup of **Creativity** and two spoonfuls of **Fellowship** into each morning.
Blend thoroughly with a glass of juice and a well-balanced meal.
Add a drop of **Encouragement** and watch kids **Join our Breakfast Program**.
"Let's Eat Breakfast Together."

Dear Parents,

The **Breakfast Program** will begin on **Thursday, October 11th, 2012**. The program is for **ALL** students from Junior Kindergarten to Grade Eight. **New this year - Breakfast Program will be held on Wednesdays too !**

We hope that as many children as possible will join the program, which will provide your child with not only a delicious breakfast, but also information about the importance of good nutrition, a chance to try new foods, and an enjoyable social time with their friends.

We know that to learn well, children need to eat well. To give children a smart start in life, they need to have nutritious food. Good nutrition begins at home, but it should continue at school. It is very common these days for children (and adults) to start their day without a good meal. There are many reasons for this, including our busy lifestyles. Some children are just not ready to eat breakfast before leaving home. If you are finding it difficult to get your child to eat breakfast in the morning. The **Breakfast Program** may be the answer.

We are able to provide this program at a cost of \$2.00 per child per week. **We ask that you send your contribution at the beginning of each month or if you prefer, you can send a lump sum.** All children are welcome to participate. No child will be turned away. The program will operate from 8:30 a.m. to 8:50 a.m. in the gymnasium on Tuesdays Wednesdays and Thursdays. Some items that may appear on the menu are: juice, fruit, bagels, scrambled eggs (a real favourite), cereal, cheese, toast, muffins, smoothies and yogurt.

If you would like your child to join the program, please fill out the attached registration form, *one for each child*, and return it to the school.

As you know, the success of much that we do for children is dependent on **volunteer support**. If we have enough dependable volunteers, our program will run very smoothly. Come out and see what we do, and you too, will enjoy the smiles on the students at St. Patrick's School.

If you have any questions, please contact the school.

Yours sincerely,



Anne McCrank
Breakfast Program Coordinator

Breakfast Program Registration Form

Name: _____

Grade: _____

Food Allergies: _____

Food Restrictions: _____

My child _____ has permission
to participate in **St. Patrick School's Breakfast Program.**

Signature: _____

I am willing to volunteer: YES NO

Name: _____

Phone number: _____

Tuesday / Wednesday/ Thursday works better for me.