

BELANGER MEMORIAL, UPPER FERRY

Last year, Belanger Memorial started moving to a healthier menu for students. For the breakfast program, only whole wheat and twelve grain breads are served, and this has been well received by students. Fruit is served once a week in the breakfast program. Water, juice, and milk are the only beverages served, and the school administration is also moving to lower the fat content in its cafeteria offerings. Only healthy snacks are offered to students at the various school celebrations. For fundraising, the school has done well from a sale of vegetables in the fall and a sale of Christmas stickies for windows in December.

To help the students be more physically active, the students in primary and elementary are involved in a daily 15 minute walk before class begins - outside on nice days and in the gym on poor weather days. In addition, the school has set up a fitness room for students and an intramural program at lunchtime. It has been amazing to see the general improvement in students' willingness to walk and get healthy.