

## ST. ANTHONY ELEMENTARY

St. Anthony Elementary offers a very nutritious selection of foods in its cafeteria. The lunch program features a variety of wraps, soups, salads, and pastas. Milk, water and juice are the beverages of choice. For the breakfast program, supported by the local Kids Eat Smart committee, enriched 'Smart' white bread is offered for toast as well as fruit, yogurt, and a variety of healthy cereals.

To support the *Kids Eat Smart Breakfast Program*, a school dance had been held. Admission for the dance was an item of food for the breakfast program. The staff, students and members of the community participated in the annual 'Walk to Breakfast' at which time food items were brought in by the students in aid of the breakfast program. These events helped support the breakfast program and promote active living.

A variety of physical activities keep the students at St. Anthony Elementary very active. Skipping and floor hockey intramurals take place after school each week. The school had received an IGA grant for \$15000 to promote outdoor healthy living. The funds were used to purchase equipment to use outdoors for sports activities, i.e. skis, snowshoes, soccer nets, etc. Snowshoeing and skiing will be part of the physical education program offered to students during the winter months. The school also has a ski club in which more students will now be able to participate as 20 new pairs of skis and boots have been purchased. The ski club uses the local ski trails to which students and teacher volunteers are bussed one day a week after school.

An annual Sports Day is planned for March, at which time the whole school will be involved in outdoor physical activities.

Public Health representatives are scheduled to visit the school on January 24<sup>th</sup> to have students view the 'Cigarette Tunnel' and participate in activities to educate students about the health dangers of smoking and second-hand smoke.