



Board Highlights

January 2011

Happening this Month!

January 1-3
Christmas Break

January 4
RLN/MHS/WMS/SJF
Staff Meeting

January 6
RLN Assembly

January 11
Regular Board Meeting
7:00 pm at District Office

January 12-28
SJF Final Exams

January 13
KTW DDEA Meeting
6:00 pm at District Office

January 18
SJF Department Head
Meeting

January 19
Aboriginal Education
Advisory Committee Meeting

Message from the Board Chair

One of the Board's new Strategic Directions is to promote Healthy Lifestyles. Part of this is good nutrition. If children have a healthy diet they are more likely to be more successful at school. Good nutrition and a balanced diet will help your children grow up healthy. Whether they are toddlers or teens, you can take steps to improve nutrition and encourage smart eating habits. Five of the best strategies are:

- Have regular family meals
- Serve a variety of healthy foods and snacks
- Be a role model by eating healthy yourself
- Avoid battles over food
- Involve your children in the process

Children, especially younger ones, will eat mostly what's available at home. Here are some basic guidelines for controlling meals and snacks:

- Work fruits and vegetables into the daily routine, aiming for the goal of five servings a day.
- Make it easy for children to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat. Other good snacks include yogurt, peanut butter and celery, or whole grain crackers and cheese.
- Serve fish, lean meats and other good sources of protein, such as beans, eggs and nuts.
- Choose whole grain breads and cereals so your children get more fibre.
- Limit fat intake by avoiding deep-fried foods and choosing healthier cooking methods such as broiling, grilling, roasting and steaming.
- Limit sugary drinks, such as soda and fruit-flavoured drinks. Serve water and milk instead.
- Limit fast food and other low nutrient snacks, such as chips and candy. But don't completely ban favourite snacks from your home. Instead, make them "once-in-a-while" foods.

continued next page...

Board of Trustees: Allan Shortt, Chairperson; John Stephenson, Vice-Chairperson; Terry Brookes; Mira Hall; Reanna Erasmus; John Duff Spence; Blake Lyons • Senior Administration: Metro Huculak (Superintendent/CEO); Mel Parady (Assistant Superintendent); Tram Do (Director of Corporate Services)

Yellowknife Education District No. 1 • 5402 Franklin Avenue • Yellowknife • NT • Phone: 766-5050 • Fax: 873-5051 • Email: yk1@yk1.nt.ca

Educating for Life! Hòt'aròò Hoghàgoetqò! Une éducation pour la vie!



Board Highlights

January 2011

January 20

KTW Family Literacy Activities

January 21

MHS Colour Group
Activity & Assembly

January 25

EJHS Staff Meeting

January 26

NJM Kindergarten Info Night

January 27

RLN Kindergarten Info Night

January 28

MHS Talent Show
WMS Dance

January 31

SJF Semester 2 Begins

Jan 31 - Feb 4

Grade 3 Traditional
Game Camp



PAC Corner

January 12 • WMS

January 18 • SJF

January 19 • EJHS

Message from the Board Chair cont...

Children will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious food, you'll be sending the right message. Parents who are always dieting or complaining about their bodies may foster these same negative feelings in children.

Give your children some control while you limit the kind of food available at home. Let children decide if they're hungry, what they will eat from the food served, and when they're full. As parents, you should control which food is available at mealtime and between meals.

- Establish a predictable schedule of meals and snacks. Children like knowing what to expect.
- Don't force children to clean their plates. Doing so teaches them to override feelings of fullness.
- Don't bribe or reward children with food. Avoid using dessert as the prize for eating the meal.
- Don't use food as a way of showing love. When you want to show love, give your children a hug, some of your time, or praise.

We want our children to be healthy.

Looking into Kindergarten Options?

During the months of January and February, YK1 will be holding our Kindergarten Information Evenings at our schools. We encourage the community to attend and learn about all of the wonderful things YK1 schools have to offer. Meet our students and staff, find out what our kids are learning, enjoy a tour of our facilities, participate in various activities and register for one of our Kindergarten programs. YK1 is sure to provide everything your child needs to begin a successful academic career!

January 26, 7:00 pm - N.J. Macpherson School

January 27, 7:00 pm - Range Lake North School

February 2, 7:00 pm - Ecole J.H. Sissons

February 8, 7:00 pm - Mildred Hall School

Board of Trustees: Allan Shortt, Chairperson; John Stephenson, Vice-Chairperson; Terry Brookes; Mira Hall; Reanna Erasmus; Duff Spence; Blake Lyons • Senior Administration: Metro Huculak (Superintendent/CEO); Mel Parady (Assistant Superintendent); Tram Do (Director of Corporate Services)

Yellowknife Education District No. 1 • 5402 Franklin Avenue • Yellowknife • NT • Phone: 766-5050 • Fax: 873-5051 • Email: yk1@yk1.nt.ca

Educating for Life! Hòt'áìòò Hoghàgoetòò! Une éducation pour la vie!