



# Kidston Elementary School News February 2020



Growing Together ...

Caring, Capable Citizens in a  
Changing World

## January in Review

The month of January has flown by with the later start this month. The Aladdin Jr. Production rehearsals are under way. Please see the poster on page 3 of the newsletter for show dates, times and ticket purchase information. We have reached mid-season for our basketball teams and every team is playing hard and representing Kidston well. The Grade 6&7 classes enjoyed 3 great days of skiing at Silverstar. January saw staff and students participating in "Fancy Friday". Students and staff were dressed in their finest.

## NEXT PAC MEETING March 3

The next PAC meeting will be held on Tuesday, March 3<sup>rd</sup> 7:00 in the library.

## Registration/Transfer Dates

January 15 - February 14, 2020. This is also the time to put in a transfer for September 2020. Registration for Kindergarten children starting school in September 2020 will be held at all District Elementary Schools between 9:00 am and noon and 1:00 pm to 3:00 pm. Registration must be completed in person; faxed registrations will not be accepted.

### PAC Happenings...

Hot lunch information: [kidston.hotlunches.net](http://kidston.hotlunches.net)

If you have not registered this year: go to [kidston.hotlunches.net](http://kidston.hotlunches.net)

1. Click on "Click Here to Register" and enter **Access Code KHL**

**Next POPCORN Sale Feb. 28  
order online**



Thank you to all the wonderful  
volunteers who worked so hard to put  
on the Family Dance Feb. 7

## This Valentines Kidston is going plastic free



### Upcoming Events:

**Feb. 14 Kindergarten Registration and transfer application closes**

Feb. 14 Spirit Day – Red & White

Feb. 17 Family Day – No School

Feb. 21 PRO-D No School for students

March 3 – PAC meeting 7:00

March 5<sup>th</sup> – Aladdin Jr. rehearsal @ Kal 8:30-11

March 9 & 10 – Aladdin Jr. performances

March 13 – Spirit day "Mismatch March"

March 14 – SPRING BREAK STARTS

March 30 – School Reopens

## Kidston Garden News

Ways to stay updated on garden news:

<http://www.kidstongarden.com/>



## Healthy Schools

See the Healthy School News for February starting on page 4 of this newsletter.

**We have Gramma D cookbooks on sale at the office for \$15.00 All proceeds go to the garden project.**

## KIDSTON DISCOVERY GARDENS...Growing Together

We have some really fun things happening this year and we are so thrilled to share.

As a PAC and Garden Committee, we believe that children learn in a variety of ways and environments. Offering an outdoor space where students can explore with their senses and cultivate confidence through growing gardens and discovery has been a long dream at Kidston Elementary. That dream came to life in 2015, with the implementation of 10 raised garden beds. In 2016, PAC and the Kidston School Garden Committee decided to join hands as the request for more garden space had grown from classes and more gardens were needed for our amazing Grandma D's garden to plate hot lunch program. That combined with a desire to develop an area to meet the wishes of Kidston students lead us to this...a plan to build a space consisting of biodiverse and veggie gardens, and an outdoor classroom ...a true outdoor learning legacy!

Thank you kindly for all your interest and support with this important project for Kidston students, teachers and our community.

For any additional questions please contact us at [kidstongarden@gmail.com](mailto:kidstongarden@gmail.com) or check out [www.kidstongardens.com](http://www.kidstongardens.com)

Kidston PAC & Garden Committee

# KIDSTON ELEMENTARY

PRESENTS:



March 9<sup>th</sup> & 10<sup>th</sup> at 12:30/6 pm

At the Kal Secondary School Theatre

Tickets by donation (Purchase at the Kidston  
school office March 2-6<sup>th</sup>)

# HEALTHY SCHOOLS NEWS

Steps toward a Healthier Future | One step at a time | by Melissa Jacobs & Gramma D

## Bits and Bytes

### Noteworthy links

[Healthy schools.ca](#)

~'guidelines at a glance'

~ CSH- Comprehensive School Health

~ Dash's Healthy School Communities Certification Pilot- check this out! Perhaps we could take on this challenge next year?

<https://www.farmbound.ca>

A reminder when shopping at Farmbound- say you are from Kidston and your receipt will contribute to credit for produce for smoothies etc.

<https://farmtoschoolbc.ca/>  
[www.farmtocafeteriacanada.ca](https://www.farmtocafeteriacanada.ca)

These are great sources of inspiration and support for 'Seed to Plate' activity. ie- New P.E.I. school food program- great story...

<https://food-guide.canada.ca/en/>

Alone, we can do so little:  
Together we can do so much -Hellen Keller

**Outdoor Learning Comity (OLC)**  
"To create an outdoor learning legacy, inspiring healthy gardeners, mindful explorers and environmental stewards..."

(KIDSTON DISCOVERY GARDENS AND SO MUCH MORE)

This year we have regrouped and rebranded. Our mission is to move forward with the original plans of developing the garden into a place of learning and discovery. The phase of developing the OLC is forefront on the agenda. Foremost on the hearts and minds of our Kidston Community has been to meet the needs and desires of our intermediate students; having a place to just be (hangout) and also to create a seating space where outdoor learning can be accommodated.

We are presently doing our research for a covered 'classroom' facility that would be a place to comfortably seat a class of students. Please feel welcome to join this committee as we are working hard to fulfill our long-standing dreams. The saying that 'Many hands make light work' is so true and we particularly aspire to make this project approachable and attainable.

See our team leads Gareth Ainslie or Simone Runyan and find out how you can participate in this most worthwhile project. **No task is too small.**

We'll keep you posted on further developments.

## Kidston Whole Foods Challenge - Spring 2020

Kidston Elementary invites you to take part in our spring Whole Foods Challenge! Let's challenge ourselves to focus on simple, nutritious, healthy foods for ourselves and our families! No-guilt and no-pressure - we know we are all busy and doing our best! The Whole Foods Challenge involves quick and easy random acts of health such as sharing great ideas for healthy eating, 3-minute exercise breaks, eating a rainbow of colourful fruits and veggies, trying new foods and creating a calm and mindful lunch environment. After eating sweet treats, it takes our pallets time to re-adjust and again enjoy the rich flavours of natural foods. Knowing that other families are also focused on eating non-processed, natural foods gives parents support to stay strong in providing healthier options in lunches and at home. Whole Foods Challenge activities include:

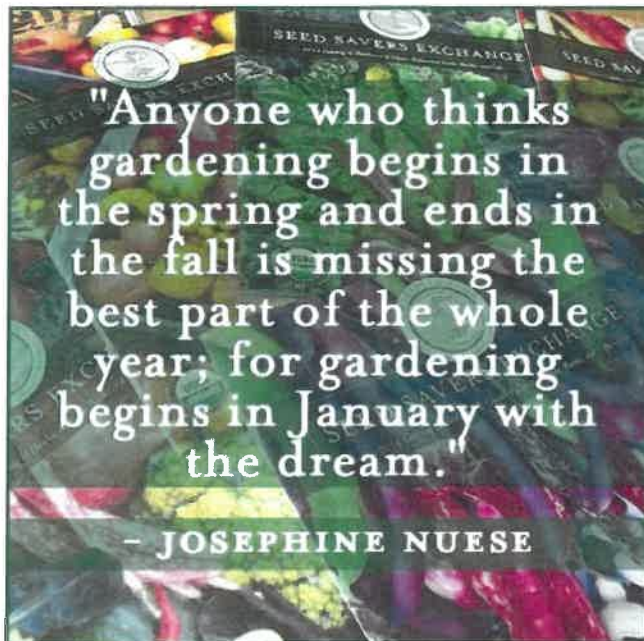
- Setting up the Interior Health Sugar Sense display at Kidston which recommends drinking water when thirsty and shows the amount of sugar in various drinks.
- Kidston will participate in the next official "Great Big Crunch" (<https://foodshare.net/program/crunch/>), when kids across Canada simultaneously munch their veggies.
- An evening presentation for Kidston and Coldstream parents on the new Canada Foods Guide by Linda Boyd, Interior Health in April (date to be announced).

Why have a Whole Foods Challenge? You know all this already! Well-nourished kids are most able to focus on schoolwork and exercise self-control. This makes classroom management easier and maximizes learning opportunities. For some kids, nutrition can make all the difference, even eliminating attention-deficit type behaviours. For others, healthy eating can stave off life-limiting metabolic issues later in life such as obesity, diabetes, heart disease Alzheimer's and other serious health issues. Without a healthy body, it's hard to have a productive and enjoyable life. Few skills are more important to teach than helping prepare our children for a lifetime of self-care through good nutrition. The Whole Foods Challenge builds on other Healthy Schools initiatives at Kidston such as Garden to Plate and the Kidston Discovery Gardens.

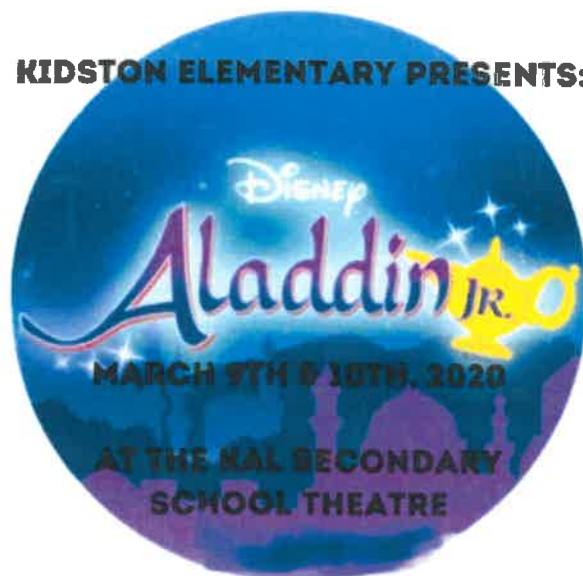
For an article about processed foods - click [https://www.businessinsider.com/processed-food-makes-us-fat-leads-to-cancer-alternatives-2019-5?fbclid=IwAR2gXXXBUcl\\_J87iEc9Yxad8pPVuuSJvYl3ll-t1fVjOMICOLvpssMo8cQo](https://www.businessinsider.com/processed-food-makes-us-fat-leads-to-cancer-alternatives-2019-5?fbclid=IwAR2gXXXBUcl_J87iEc9Yxad8pPVuuSJvYl3ll-t1fVjOMICOLvpssMo8cQo).

[www.superhealthykids.com](http://www.superhealthykids.com)- a dietician and a mom of four offers easy nutritious recipes and advice.

[www.urbanharvest.ca](http://www.urbanharvest.ca) - they have been in business for 25 years + with this successful produce home delivery service. I believe their key to success has been their level of commitment to serving their community. They are a generous and supportive Kelowna family run business. Go to their recipes link at bottom of their page. There are no adds or sign up invites to navigate- just really great tried and true recipes using local ingredients.

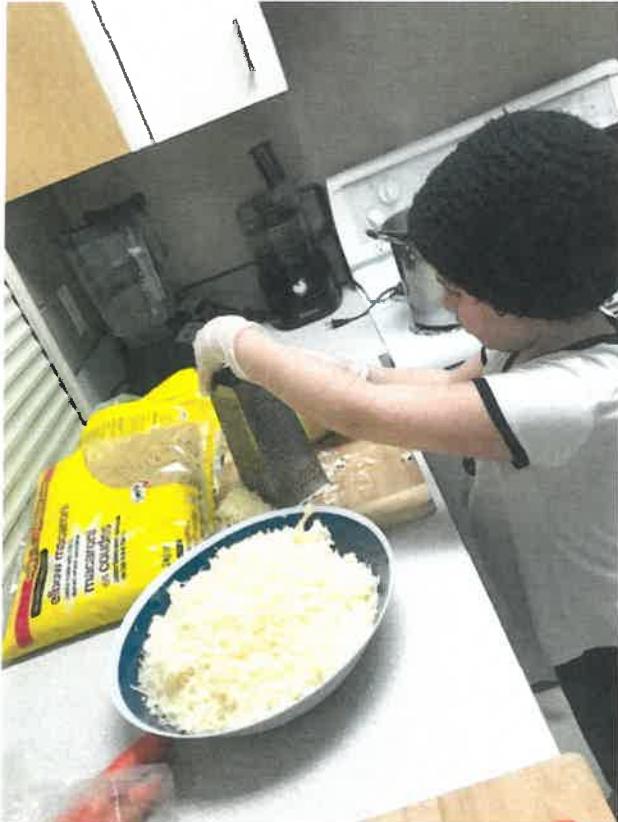


**KIDSTON ELEMENTARY PRESENTS:**



Proceeds from this years production Aladdin Jr will go toward the next phases of the Outdoor Learning Committe- Kidston Discovery Gardens

Thankyou Melissa Jacobs on so many levels



## Students helping prep Hotlunch

We are aiming to engage more students in the kitchen; purposely giving them challenges with math skills and problem solving. I say to the students that if we can't do math then we might not have enough lunch for everyone- rarely happens :-)

Tip: If you use good quality aged cheese you don't need as much. (ie Balderson)



25 pounds of butternut squash ready for mac N cheese sauce

