



# St. Clement Catholic Elementary School

*Where Each One Counts*

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Website: <https://stclement.wcdsb.ca/>

September 25th, 2019.

Dear Parents/Guardians,

Once again, our school will be partnering with Nutrition For Learning and will be providing students at St. Clement Catholic Elementary School with an opportunity to access nutritious food choices during the school day.

Nutrition for Learning supports more than 140 school-based nutrition programs throughout the Waterloo Region. Our school's nutrition program will help our youth prepare to focus on learning in the classroom. Research has proven that students who are hungry do not perform well in the classroom, have difficulty concentrating, are prone to make poor choices, are less alert and are often lethargic.

The program will begin on Tuesday, October 1st. All of our students will have access to a free morning snack every Tuesday and Thursday during morning announcements. The snack will consist from the 3 food groups: grain, protein and vegetables/fruits. Our weekly menu will be flexible enough to allow for changes or availability of food. Our coordinator, Stacey Mayer will be responsible for the day to day operations including menu planning (from a pre-approved selection) and program supervision.

There is no cost to you, Should you choose to donate to the program you can do so by contacting Stacey Mayer.

This program is able to continue because of support from community members, including financial donations, products and, most importantly, time. People from the community who welcome students, prepare food, clean up, and encourage healthy, nutritious mealtime choices all help create a successful program for children and youth.

Thank you for your support of our program. If you have any questions or interested in helping out (volunteers are always welcome), please do not hesitate to call the school at 519-699-5271 or contact Stacey at [stacey.mayer@wcdsb.ca](mailto:stacey.mayer@wcdsb.ca)

For more information about this program, please visit the web site at [www.nutritionforlearning.ca](http://www.nutritionforlearning.ca).