



Sherwood School Council Newsletter

School Council E-mail: sherwood.sc@hwdsb.on.ca
Sherwood School Website: www.hwdsb.on.ca/sherwood

Chairperson: Angela Koklis
Principal: Randy Gallant



Healthy Eating Just Got Healthier!

HWDSB's Nutrition Policy began September 2010 and is based on Canada's Food Guide and the Ministry of Education's Nutrition Guidelines. The policy helps guide schools towards offering healthier food and drinks for staff & students. It doesn't apply to items that are brought from home, purchased during field trips, items sold in staff rooms or in fundraising efforts. Foods & drinks that contain few or no essential nutrients, have high amounts of fat, sugar, or salt won't be served. When items are being used in a class celebration, they must meet the policy guidelines. The policy also says that these foods can't be used as rewards of any kind. Schools are striving

hard to foster healthy, nutritional environments and to implement food practices that support the wellness of both students & staff. The schools must comply with provincial legislation relating to this policy, including programs "Healthy Foods & Beverages in School Vending Machines", the "Healthy Food for Healthy Schools Act" and other pertinent legislation. Sherwood has formed a School Nutrition Action Committee (SNAC), whose focus is to promote healthy eating. HWDSB also has a Nutrition Action Steering Committee that works with Public Health's "Healthy Eating Action Teams" (HEAT). Each school is allowed 10 spe-

cial event days per school year. On these days, food & drinks outside the guidelines, may be sold or served. The Principal discusses these special event days with school council & SNAC, prior to the event, for consideration and approval. Any events such as meet the teacher, open house or graduations, organized by school, will be required to serve foods that stay within the Nutrition Policy unless the committee has discussed and pre-approved it as an exemption day. To read more about the Nutritional Policy and Eating Guidelines, visit www.hwdsb.on.ca/parents/nutrition/



Parents Matter More Than You Think!



Parent engagement means getting involved in your child's education. By doing this both of you benefit including schools. Great schools can be even greater, allowing for student achievement to improve. As a parent, you have a strong influence on your child and their future. When you're involved in their

school, whether it's grade 6 or 10, you're giving them a head start. How does your child benefit? •Positive attitudes about school •Higher graduation rates •Better school attendance •Fewer behaviour problems •A brighter future. Some suggestions to get more involved: Get to know their friends •Help with homework •Participate in meetings,

information nights, volunteer, school events and school council •Remove distractions from their place of study •Monitor time spent on their phones, computers and video games. To learn more visit www.ontario.ca/EDUparents and stay updated with new information and resources.

Upcoming Sherwood School Council Meetings:

- March 10, 2011 with special invited guest Trustee Laura Peddle
- April 5th, 2011
- May 3rd, 2011

* All parents—please feel free to attend our meetings in the school library, starting at 6:30 pm *

2010 School Council Members

- Angela Koklis—Chair
- Don Wilson—Vice Chair
- Cindy Anderson—Secretary
- Robin Gagnon
- Brenda Della Maestra
- Tina Bender
- Amanda Vernon
- Blair Gerrish
- Randy Gallant—Principal
- Evelyn Wilkie—Vice Principal
- Wendy Yarr—Vice Principal
- Sandra Valeri—Teacher Rep.
- Lindsey Fletcher—Student Council Chair

Future South ARC

Meetings:

- April 5, 2011
- April 26, 2011 (Public #2)
- May 17, 2011
- June 7, 2011
- September 6, 2011
- September 27, 2011 (Public #3)
- October 18, 2011
- November 8, 2011
- November 29, 2011 (Public #4)
- January 3, 2012

* All meetings are open to the public, however it is only at the posted public meetings that the community is able to address the ARC, engage in conversation and ask their own questions *

Sherwood Parent Representatives on ARC: Angela Koklis & Jackie Brown



New To The Sherwood Community?



As part of the Equity Department, the HWDSB Assessment Centre provides services to newcomers and their families including English as a Second Language (ESL) for elementary and secondary students, community links, exchange student programs, connections to Continuing Education programs, student records services (transcripts), day school programs, international student applications and support networks that facilitate their integration into their new communities.

They offer a wide range of academic and community services for adolescents and adult learners. They provide services related to academic credit assessment, program registrations for Independent Learning Courses and referrals to Continuing Education programs that will support newcomers in achieving their academic and workplace training goals. The Assessment Centre also offers a range of education opportunities for adults and adolescents. If you

need Ontario Secondary School credits, they can help! Prior Learning Assessment & Recognition` (PLAR) as well as `Equivalent Standings for Mature Students` are evaluation and credit granting processes that can help. The Assessment Centre is located at the Education Centre, 100 Main St W, Main Floor, Hamilton. Please contact them for further information or assistance at (905) 521-2554.

Did you know...

The first "Earth Day" took place in 1970 and involved 20 million people. Today, Earth Day involves more than one billion people around the world!



Sherwood S.H.E. Tips

(Safety, Health and Environment)

Why your brain loves exercise...

Did you know a vigorous workout triggers a cascade of positive changes in your head? You can experience feelings from euphoria to improved memory. Staying fit and active can actually delay the on-set of age-associated disorders... so go get those sneakers on, get your kids, and walk your way to health!



Pretty as a picture...

RainBarrel.ca is working in partnership with Earth Day Hamilton/Burlington to invite schools and other organizations to participate in their first annual "Rain Barrel Art Auction". All the finished rain barrels will be included in their on-line

silent auction starting March 26th, 2011. Participants will receive 50% of the funds raised. The purpose of the Rain Barrel Art Auction is to promote water conservation, and to raise funds for Earth Day's free educational, eco-festival and tree planting pro-



grams. Earth Day will host a community wide truckload rain barrel sale being held on April 16th at Limeridge Mall (from 9:30am-1:30pm). For more information or to register, view their website at www.RainBarrel.ca or call 905-545-5577.

Youth + Ideas + \$2,500 Funding = Success

Hamilton Community Foundation (HCF) wants to hear from your kids with creative ideas on how to make a difference! They have announced that grants of up to \$2,500 can be granted, for the 2011 youth-led projects that will improve schools, communities and neighbourhoods. The Foundation says kids always have great ideas for community improvement, but they often lack assistance and financial resources to make their

ideas come to life. The grants can help them achieve their goals, and set the stage for life-long community engagement. The grants are available to all youth from ages 11 to 25 and youth must participate as volunteers in the project. HCF will provide half the project costs of up to a maximum of \$2,500, provided the project team can find matching support in the community. The program is run by HCF's Youth Advisory

Council (YAC), a group of young volunteers. Local youth groups propose their project ideas, then YAC members do an assessment and recommend the ones to be funded. Some projects that received funding were a mentoring recruitment campaign, an educational program on mental health, and a fair on renewable energy. Proposals will be accepted until March 4, 2011 with projects being completed by Nov. 30, 2011. For more information

Did you know... April 10th through the 16th, 2011 is National Volunteer Week? This is the biggest celebration of volunteers and volunteerism across Canada.

on Youth-Led Community Action Projects, visit HCF's website www.hcf.on.ca or Linda Hughes at l.hughes@hcf.on.ca.

