

Good Evening Kingswood Families,

On Wednesday September 27th from 6:30-7:30pm we will be holding our Curriculum Night/Open House/ Ice Cream Social for Grades P-5. This is for families with students in Grades P-5 as Pre-Primary already welcomed families the day before school started. Parents/guardians and students are welcome to attend.

For more information about what to expect that night, please read the attachment

Breakfast Program:

You may have heard that we have started a new breakfast program here at Kingswood. We are currently serving healthy breakfast items to 384 students everyday. Starting the day with a healthy breakfast is important for many reasons. Breakfast improves nutritional status and supports healthy living, by providing approximately 25 percent of daily nutrition needs. Studies clearly indicate that a healthy breakfast positively affects student performance. Well-nourished students are ready to learn. They have more energy and are less distracted by hunger. Children and youth spend a large part of their day in school, making schools an important environment to reinforce the connections among nutrition, health, and education. The availability of school breakfast programs increases the probability that students will eat breakfast and, in turn, improve their learning.

We do have some funds to support this program, but we thought that we would also reach out to families for some support as well.

We are asking that families drop off donations when they come to the school for Curriculum Night on Wednesday September 27th.

Here are some ideas:

Nut free granola bars

Breakfast Bars that state that they are peanut free.

Cheese strings

Yogurt tubes

Bagels

Cereal – Low sugar

Muffin Mix – nut free

We would also be happy to accept donations of fresh fruit from time to time and of course money to help us keep the program going.

Thanks so much for your support for our students. The children are loving it!