



9011 - 182 St NW Edmonton, Alberta T5T 2Y9
Phone 780-481-3314 Fax 780-487-8189 Email belmead@epsb.ca Website belmead.epsb.ca

Building a community of
Effective
Leaders who are
Motivated,
Empowered,
Accountable and
Dedicated to learning.

This agenda belongs to:

NAME _____

ADDRESS _____

CITY/TOWN _____

POSTAL CODE _____ PHONE _____

STUDENT NO. _____ HOMEROOM _____



PLEASE NOTE: The front cover is sensitive to extreme heat. Do not leave in direct sunlight!

Printed on recyclable paper



Home Reading Log

Putting First Things First

All students are encouraged to read for at least 15 minutes every night.

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1										
Nights	September	October	November	December	January	February	March	April	May	June
Total for the Month										



Welcome to Belmead School!

Belmead School is a place where there is an excellent learning environment and welcoming atmosphere made possible by dedicated staff, committed parents and great students. We provide programming for students in Kindergarten to Grade 6, as well as the Interactions program for Autistic students in Grades 1 to 6.

We celebrate Neurodiversity, and recognize that students learn at different rates and in different ways. We strive to modify the graded curriculum to suit the needs of individual students. We follow the Alberta Education curriculum and offer a balanced program of studies, including language arts, math, social studies, physical education and wellness, science, music and art. We also are conscious of the importance of supporting students' mental health and physical well being.

We enrich and supplement the curriculum with field trips, visitors and cultural performances. Technology is an important tool that supports teaching and learning, and we integrate the use of it throughout the curriculum.

There is a strong emphasis on helping students develop 21st century competencies. These are a set of knowledge, skills and attitudes that help students think creatively, solve problems, collaborate and communicate effectively.

This handbook is designed to provide parents and students with a framework for understanding the work we undertake at Belmead School. Please retain it for a source of reference throughout the school year.

We recognize that parents play a vital role in their children's education, whether it is supporting them in learning at home, serving as a volunteer in the school or participating in our School Council meetings and activities. It is our goal to build a strong partnership between home and school to ensure the success of every child that we serve. We look forward to parents becoming involved in supporting the critical work of teaching and learning at Belmead. Parents, you are a part of the school and are always welcome!

Let's work together to continue to focus on a strong academic and citizenship program for all students.

Yours in learning,

Belmead School Staff

2024 - 2025 Belmead School Dates

Remember to see the online calendar in SchoolZone for all of the latest dates.

<u>August</u>		<u>January</u>	
August 29 -	First Day of School	January 6 -	First Day back after Winter Break
<u>September</u>		January 27 -	School Council Meeting
September 2 -	No School - Labour Day	January 28 -	Winter Concert
September 18 -	Welcome Back BBQ	January 29 -	No School - PD Day
September 18 -	School Council AGM	<u>February</u>	
September 23 -	School Council Meeting	February 17 -	No School - Family Day
September 30 -	No School - The National Day for Truth and Reconciliation	February 18 -	No School - PD Day
<u>October</u>		February 24 -	School Council Meeting
October 4 -	Picture Day	February 27 -	No School - Teachers Convention
October 11 -	No School - PD Day	February 28 -	No School - Teachers Convention
October 14 -	No School - Thanksgiving Day	<u>March</u>	
October 24 -	Baseline IPPs released for signatures	March 14 -	Progress Reports/IPP's released on School Zone
October 24 -	Goal Setting Conferences	March 19 -	Student Led Conference
October 28 -	School Council Meeting	March 24 to 28 -	No School - Spring Break
October 30 -	Picture Retake Day	March 31 -	No School - PD Day
<u>November</u>		<u>April</u>	
November 1 -	No School - PD Day	April 7 -	School Council Meeting
November 8 -	No School - Board Approved Non Instructional Day	April 17 -	No School - PD Day
November 11 -	No School - Remembrance Day	April 18 -	No School - Good Friday
November 12 -	No School - Board Approved Non Instructional Day	April 21 -	No School - Easter Monday
November 13 -	No School - Teacher Day in Lieu	<u>May</u>	
November 25 -	School Council Meeting	May 19 -	No School - Victoria Day
<u>December</u>		May 20 -	No School - Board Approved Non-Instructional Day
December 6 -	Progress Reports/IPP's released on School Zone	May 21 -	No School - Teacher Day in Lieu
December 23 to January 3 -	No School- Winter Break	May 26 -	School Council Meeting
		<u>June</u>	
		June 9 -	No School - PD Day
		June 25 -	Last Day of School

Division Vision, Mission and Priorities

Division Vision

Enhancing pathways for student success

Division Mission

Our commitment to high-quality public education serves the community and empowers each student to live a life of dignity, fulfillment, empathy and possibility.

Division Values

Accountability, collaboration, equity and integrity

2022-2026 Division Priorities

Priority 1: **Build on outstanding learning opportunities for all students.**

Priority 2: **Advance action towards anti-racism and reconciliation.**

Priority 3: **Promote a comprehensive approach to student and staff well-being and mental health.**

2024 - 2025 School Hours

	Kindergarten - Gr. 6	Interactions
Morning Bell	8:20 am	8:20 am
Classes Begin	8:25 am	8:25 am
Recess	10:15 am	N/A
Lunch	11:45 am	11:45 am
Lunch Recess	12:05 pm	12:05 pm
Afternoon Bell	12:25 pm	12:15 pm
Classes Begin	12:30 pm	12:15 pm
Recess	2:15 pm	N/A
Dismissal	3:35 pm	2:36 pm
Thursday Dismissal	11:53 am	11:53 am



Attendance, Lates and Absentee Check

We check for absent children each morning and afternoon. We will be using an automated callout system which will make phone calls home every morning of each day for students with unconfirmed absences.

Please call **780-481-3314** (or send an email to Belmead@epsb.ca) to leave a message if your child will be away. Please leave:

- Your child's full name
- Their teacher or homeroom teacher's name
- The reason for their absence

Families can also use SchoolZone to report if their child will be absent or late. You can use SchoolZone to enter your child's attendance for the upcoming six days. If you would like to report absences for a longer period of time, please contact your child's school directly. If you're unable to enter attendance, you are likely past the cut-off period your school has set. In this case, please contact the school directly to notify them that your child will be absent or late.

It is extremely important for the safety of your child that the school be notified of any change in telephone numbers at home, work, or emergency contacts.

The *School Act* provides the provincial expectations related to student attendance at school and defines what reasons may legitimately keep students away from school. Section 13(5) of this act excuses a student from attending school only if the reason is sickness, religious holidays, suspension/expulsion, permission from the Board, or other unavoidable circumstance. **Please note that family holidays, extension of school vacation periods, or any other parental excused absences must be recorded as confirmed but unexcused absences, as provided by the School Act .**

A great deal of learning occurs in the classroom through the use of guided questions, dialogue, problem solving and so on. We therefore request that parents try to schedule family holidays during school breaks. **Parents who choose to take their children out of school and go on a holiday or trip are choosing to accept responsibility for their children's learning during that period of time.** Home education imparts responsibility to the parents to provide programming that meets the Alberta Education Curriculum guidelines. If you have scheduled a holiday during school time, we ask that you provide notice well in advance to allow teachers an opportunity to share what learning your child will be missing. **Please note, teachers are not required to develop handouts or specific lessons for extended holiday time.**

If students are late, they are to report to the office to confirm that they have arrived at school and our office staff will update their attendance record. For students who are habitually late, the classroom teacher or the school administration will work with families to come up with a plan to address the situation. Punctuality is essential for your child's success in learning and in life. Let's work together to ensure your child's success.

If your child needs to be excused from school before regular dismissal time (doctor, dentist appointments, etc.) we ask that you meet your child at the school office. Students will not be sent to wait outside for parents. This allows the school to ensure that an appropriate adult has safely picked up and signed out a child. No child will be allowed to leave early without a note or call from a parent.



Student Leaving the School Grounds

Students who must leave the school during class time for doctor's appointments, etc. are to provide the classroom teacher **with a note** requesting the absence, stating the time and reason. Students are to report to the office before leaving in order to record their absence in PowerSchool.

All parents/guardians picking up students are required to meet them in our general office and to sign them out. Please help us to guarantee your child's safety.

Supervision

The teaching staff provides supervision 15 minutes before school, and during the morning and afternoon recesses. **Students are not allowed in the school unless under the supervision of a teacher or adult.**

When the weather is very cold (-23°C or colder) or if it is raining heavily, children may wait in the hallways until the first bell.

Paid lunchroom aides supervise students while they eat their lunch and when they are on the playground during the lunch hour. At dismissal time, students are to proceed directly home or to their after-school care.

For the safety of our students, parents or members of our community who are on the school playground during recess breaks may be questioned by our supervisors to seek clarification for their presence. Parents who are picking their child up during recess breaks are required to first sign them out at the office and wait until recess is over and their child is sent to the office by their teacher.

School lunch program

Edmonton Public Schools policy states that lunch programs are to be provided where needed at no cost to the school budget. We at Belmead believe that, for the health and well-being of students, it is best for them to leave the school for lunch. By doing this they get fresh air and exercise and are fresh and ready to learn in the afternoons. We understand that this is not always possible and therefore we offer a supervised lunch program to students who cannot go home or to a sitter for lunch.

Lunch program fees will be collected to cover the cost of the paid lunch supervisors. **Parents who are experiencing circumstances that impact their ability to pay the full lunch-time supervision services may request a meeting with Administration to request an alternative payment plan to reduce their fees.**

Students staying for lunch are expected to conduct themselves in a respectful, responsible manner. Students who are not cooperative will be asked to eat their lunch at the office or with another class. If their behaviour becomes a chronic problem, they may be temporarily or permanently suspended from the lunch program and required to go home for lunch.

NOTE - ALL STUDENTS attending the lunch program MUST HAVE COMPLETED a lunch contract and returned it to the school with fees, prior to attending the program. Lunch fees are due at the beginning of the month.

Valuables policy

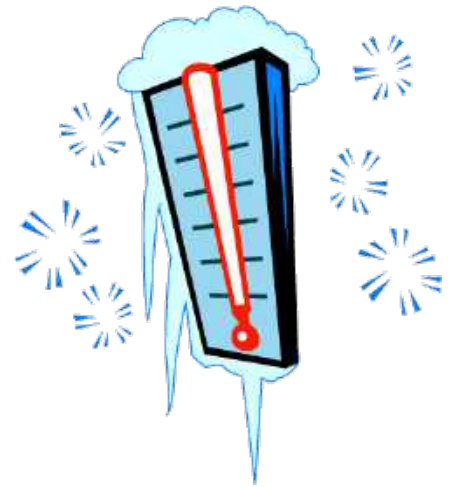
Students are discouraged from bringing large sums of money or other valuables such as cell phones, electronic games, collector cards or other toys to school. The school will not be responsible for lost, broken or stolen personal items. If an item is valuable, it is safest at home.

Assemblies

The school holds assemblies to celebrate student learning, recognize positive contributions to the school, showcase student character building activities, celebrate achievements and build school spirit. Please check schoolzone for dates and times.

Cold and Inclement Weather

Recess for students is a time to provide a break from regular school routine and a chance to get some exercise and fresh air. It is expected that children will be dressed warmly enough to be outside during each recess. When the temperature is -23 Celsius or colder, or if the wind-chill factor creates an equally cold situation, regular outside recess will be cancelled and students will remain indoors under their teacher's supervision. District schools are not closed during periods of cold weather, heavy snowfall or rain. It can be expected that unless weather conditions become extremely severe, all Edmonton Public Schools will remain open. Any notice of school closures will be made known through emails, phone, schoolzone and social media.



School Council

The School Council is a partnership where the entire school community joins to establish and work toward common goals with the single aim of improving student learning. The Council provides feedback to the school and becomes involved in projects for the mutual benefit of the students, staff, community and parents. Without the support of our council, Belmead students would not receive the number of field trips and resource support that they do. Belmead School has a very active School Council and we encourage you to get involved. Our School Council usually meets the last Monday of each month at 6:30 pm. Please contact the school office if you require more information.

Visitors/Volunteers

Visitors, whether they are parents, guests, or people on official school business, are welcome in our school. **We ask that all visitors sign in at the office prior to going anywhere else in the school or school grounds.**

Communication

Ongoing communication between home and school is essential for student success in learning. As a result, we have established multiple means of communication to keep our school community informed of the happenings at Belmead School.

Student Agendas are used to encourage students to take greater responsibility for their own learning. All students at Belmead have an agenda that is expected to travel between home and school each day. The agendas can be used by the students to record daily homework assignments, upcoming events, long term projects and needed supplies. Also it is a way for your child's teacher and you to communicate. We believe that communication is very important and this is one way we can assist you with taking an active role in your child's learning.

SchoolZone
New and improved!



SchoolZone (schoolzone.epsb.ca) is currently being used to advise parents of school activities and to provide access to newsletters, attendance, and progress reports and IPPs. If you are unable to access SchoolZone, please contact our office for assistance. Social media can also serve as a powerful information tool when used appropriately and ethically. As a result, we have established **Social Media** accounts that can be accessed on SchoolZone. We encourage you to follow us for regular updates, photos and videos on the happenings at Belmead School.

You can contact the school at any time through email or phone. We encourage parents to stay in contact with their child's teacher to keep informed of their child's progress and to provide information that may be helpful in planning for programming for success.

Curriculum Support for Parents

Parents play a vital role in the education of our students. Visit <https://www.alberta.ca/curriculum.aspx> to learn more about Alberta Education's K to 6 curriculum renewal.

As partners in education, this resource provides parents with valuable information about the learning goals that have been set for students.

Parents may also find it helpful to log onto LearnAlberta.ca to find other curricular support materials. LearnAlberta.ca is a web site that offers a wide range of resources directly tied to what Alberta students are learning in the classroom. The password for LearnAlberta.ca will be posted on Schoolzone for parents to access. These multimedia resources engage students by using video clips, animations, interactive lessons, problem-solving strategies, glossaries and much more to help them learn new things in fun ways. The site creates a unique learning environment that can help students in and out of class. Parents will gain a better understanding of what their children are learning and be better prepared to assist at homework time.

Emergency Plans

Edmonton Public Schools requires each school to develop emergency preparedness plans. If an emergency occurs during school hours and students are required to evacuate, they will be relocated to **St. Benedict School (18015 93 Ave)**. Parents will be notified to come and pick their children up by a phone fan-out system. Should an emergency occur out of school hours, an announcement will be made on SchoolZone and social media channels.

To help students learn how to act quickly and safely in case of emergency, evacuation, tornado, and lockdown drills will be held regularly throughout the year. Teachers will help students to learn the procedures at the beginning of the year, prior to our first official drills. Instructions are posted in each room regarding exits to be used.



Illness or Injury

If it is deemed that a student is ill or injured while at school, we will attempt to contact the parent/guardian or the person listed as the emergency contact to send the child home. In the interim, the child will be made as comfortable as possible in the school office. If it is deemed that the illness or injury appears to be serious, medical advice will be sought.

For injuries or accidents, first aid will be administered as needed, and an attempt will be made to notify the parent(s). When a parent or guardian cannot be reached, and the injury is serious, a staff member will accompany the student to the nearest clinic or hospital. If necessary, an ambulance will be called (at the expense of the child's parent/guardian) to transport a critically injured child to hospital. Every effort will be made to contact the parent first. The school requests to have each student's current Alberta Health Care number on file.



Notification of Changes of Information

If during the school year, the address, telephone number, etc. of a student changes, please notify the school office as soon as possible. **Emergency contact numbers must be kept up-to-date.**

Student Assessment

Please check the school website for more information about the school and district plan for student assessment.

Academic Responsibilities

- ◆ To Be Safe, Respectful and Responsible
- ◆ To accept responsibility for my own learning and to understand the role of assessment and evaluation in it
- ◆ To attend school on a regular basis, prepared for learning
- ◆ To record my homework and assignments in my agenda and to complete them within agreed timelines
- ◆ To seek extra help when I don't understand
- ◆ To take initiative for handing in my work and assignments when I have been absent

Technology Responsibilities

Use of technology at Belmead is a privilege for students. Technology used contrary to the intent of our Technology Use Agreement, may result in loss of privileges related to use or other appropriate consequences as determined by school staff.

Leadership Opportunities

Student leadership is a very important aspect of life at Belmead. Many opportunities are available for students to work with staff on various projects that help to make Belmead a great school. We are very proud of our students and value the opportunity to develop their leadership skills in a variety of areas. We have many leadership teams throughout the school which help to support our many school wide activities and develop a variety of leadership roles within the classroom and school. They do an amazing job!

Seven Teachings - Living a Good Life

Belmead Staff have committed to a new focus for our Character Education Program. We sought out something that not only speaks to the character and values that we hope for all our students (now and in their future), but something that also connects well with our focus on the awareness and appreciation of our First Nation, Métis and Inuit cultures. These teachings also fit curricular connections within the Physical Education and Wellness curriculum and the English Language Arts curriculum. We will be uncovering the **Seven Teachings** over the school year with projects and activities. Our hope is that students make meaningful connections with each of the teachings so they live as contributing and connected citizens.

Many Indigenous groups and communities have adopted the 7 guiding principles, in one form or another, as a moral stepping stone and cultural foundation. Each community has adapted the teachings to suit their community values. Despite where the teachings may have originated, they share the same concepts of abiding by a moral respect for all living things.

The following are the Seven Teachings:

1. **Truth** - The Turtle carries truth. Truth is symbolic of law and principle. Since the beginning of time, the turtle has been chosen to be the bearer of truth and the basic truth of the laws of nature have not changed.
2. **Respect** - Respect is the gift from the Buffalo. In all life, respect is the first and foremost. Respect oneself and respect will be bestowed.
3. **Courage** - The Bear carries courage. We seek the strength and courage to face our greatest enemy - oneself. The bear will give us the understanding to seek resolutions.
4. **Love** - Love is the gift from the Eagle. Love is a force that is undeniable. With love, all things are possible. It is everyone's right to have and experience it.
5. **Humility** - The wolf carries humility. Central to the wolf is the family pack. To ensure survival, the pack must be as one. In one's life, much the same as the wolf, we need to understand humility.
6. **Honesty** - Honesty is carried by the Sabe (Sasquatch). It is from within and not to be confused with truth (law). In reality, there is no "ifs" or "buts", there can only be honesty in one is to survive.
7. **Wisdom** - The beaver carries wisdom. Wisdom is not to be confused with knowledge. Wisdom is the gained experience and knowledge is to know the difference and accept responsibility and accountability.



We encourage all our families to support us in this endeavor by bringing in these teachings into your home.

Zones of Regulation

Some classes will be learning about the 'Zones of Regulation' to help our children to learn how to self regulate during difficult emotions.

Zones of Regulation is an approach used to support the development of self-regulation in children. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation. All the different ways children feel and the states of alertness they experience are categorized into four coloured zones. Children who are well regulated are able to be in the appropriate zone at the appropriate time. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were reading in a library.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this prevents us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

At Belmead School, we are launching the Zones of Regulation as a whole school initiative. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. When students know how to identify their feelings, and how to use certain tools to self-regulate, they are better equipped to tackle learning challenges. Students build better resilience so that they do not give up easily when faced with difficulty.

We want children at Belmead School to grow into successful teenagers, then adults. Learning skills to support all feelings and emotions will set up students for success later in life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

The Zones of Regulation was created by Leah M. Kuyper. The 'Zones' is geared towards helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. The goals of the program are to:

1. Teach students to identify emotions and what their body feels like during each emotion (Zones identified by colour).
2. Teach students that all emotions and feelings are okay but that for each zone we have specific strategies and tools that can help us if we want to be in a different zone.
3. Learn and understand how our emotions, feelings and behaviours affect us as well as others around us.



BLUE ZONE
Low State of Alertness



GREEN ZONE
Ideal State of Alertness



YELLOW ZONE
Heightened State of Alertness



RED ZONE
Extremely Heightened
State of Alertness

There are four Zones and each Zone has an associated colour and behaviour/feeling/thought description.

The ZONES of Regulation

			
<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

The Blue Zone is used to describe low states of alertness: sad, tired, sick or bored. This is when one's body and/or brain is moving slowly or sluggishly.

The Green Zone is used to describe a regulated state of alertness, and shows control: calm, happy, focused, or content. It is the Zone you need to be in for schoolwork and for being social.

The Yellow Zone is used to describe a heightened state of alertness; however the person has some control. A person may be experiencing stress, frustration, anxiety, excitement, silliness, nervousness, confusion, or slightly elevated emotions and states (e.g., wiggly, squirmy, sensory seeking). The Yellow Zone is starting to lose some control.

The Red Zone is used to describe extremely heightened states of alertness or very intense feelings. A person may be experiencing anger, rage, explosive behaviour, panic, terror, or elation. The Red Zone is not being in control of one's body.



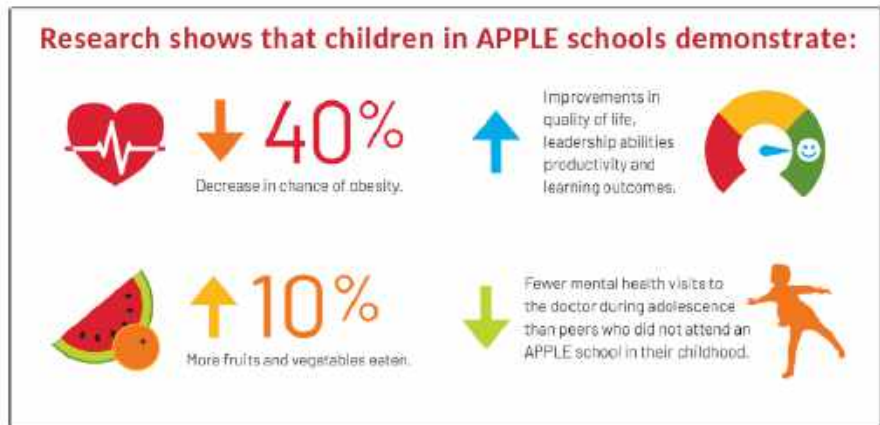
Dear Parents/Guardians,

Welcome to our **APPLE School Community!** APPLE Schools is a health promotion project with the vision of healthy kids in healthy schools. The project is student-centered, evidence-based, and unique in Canada. APPLE Schools works with schools across Alberta, British Columbia, Manitoba, Ontario and the Northwest Territories. It improves thousands of students lives annually by supporting healthy eating, physical activity, and mental health habits.

WE ARE AN APPLE SCHOOL

What does an APPLE School look like? We empower students to make healthy choices and work with them to create positive experiences. All healthy initiatives reflect our school's specific needs. Initiatives can include:

- Monthly campaigns
- Wellness challenges
- Movement breaks
- Non-food rewards
- Mental health education
- Healthy classroom celebrations
- Health-focused student leadership opportunities



APPLE Schools does not dictate policy. Each province/territory and school district has its own guidelines and policies that support wellness. APPLE Schools staff work with our school using these existing guidelines and policies to support healthy school environments.

GET INVOLVED

Want to support your child's wellness at home?

- Help establish a regular bedtime routine
- Pack lunch together, and always include a water bottle
- Ensure a healthy balance between screen time and activity time
- Make time for outdoor activities

Learn more about APPLE Schools at appleschools.ca



Belmead School has been a proud participant in the Alberta Project Promoting active Living and healthy Eating (APPLE) schools. We continue to support the mantra that is part of *APPLE Schools* which is to make the healthy choice the easy choice by changing the school environment. The easy choice for students will be healthy lunches and snacks and an active lifestyle. We aim to create and sustain supportive physical and social environments that foster lifelong physical and mental health. Home, school, and community will work together to improve a child’s health. We involve parents, students, staff, and community stakeholders to impact students’ knowledge, skills, attitudes, and behaviours.

Belmead created a Nutrition Policy in 2011 that involved parent, student and staff input. This Policy guides the food choices we make for our snack program, any events where food is served and in how we educate our students in making healthy choices about what they eat for snack and at lunch.

	What we will do	Where/When it happens	Resources
Food as Rewards	Staff will use alternatives to food or beverages for rewards	Classrooms Office	<u>Healthy Rewards for Children, Healthy Rewards</u>
Food and Beverage Sales	All of the foods sold are considered a Choose Most Often food.	Healthy Hot lunches Fundraisers	<i>The Food Rating system</i> (Alberta Nutrition Guidelines for Children and Youth)
Serving Food	A minimum 80% of the foods served at any given time are considered a Choose Most Often food, and a maximum of 20% of the food served at any given time is a Choose Sometimes food.	Classrooms, Special events, Library Club, Patrol/Office Club appreciation events, Whole School events	<i>The Food Rating system</i> (Alberta Nutrition Guidelines for Children and Youth)
Celebrations and Holidays	We will limit celebrations that involve food during the school day to typical celebrations and serve food from the Food Rating System for Choose Most Often or Choose Sometimes guidelines.	Halloween Christmas Valentine’s Day Birthdays	<i>The Food Rating System: Healthy Choices for Special Event Days and Healthy Eating for Holidays</i> (Alberta Nutrition Guidelines for Children and Youth)
Fundraising	Fundraising activities will be non-food related as often as possible. If they are food fundraisers, they will typically include food from the Food Rating System: Choose Most Often category. One fundraising activity per year could include a food item from a Choose Sometimes or Choose Least often group.	Through the school	<i>The Food Rating System: Healthy Choices for Special Event Days and Healthy Eating for Holidays</i> (Alberta Nutrition Guidelines for Children/ Youth)
Healthy messages	Staff will promote and reinforce the healthy messages being taught.	Bulletin Boards, Displays for special events, Lessons in class & Announcements	APPLE newsletters and web site.

Food Rating System Examples:

Choose Most Often:

Food closer to its “natural state”, low fat, some fiber, low salt.

- Fresh fruits and vegetables
- 100% juice
- Whole grain products
- Low fat dairy products
- Lean meats, eggs, tofu, nut butters, legumes



Choose Sometimes:

Food with some nutrition, added fat, salt, and/or sugar.

- Refined grain products
- High fat and/or higher sugar dairy products
- Processed meats
- Salted nuts

Choose Least Often:

High calorie, low nutrient food.

Choose Most Often group

There are many **Choose Most Often** foods. Here are some examples:



Choose Sometimes group

Examples:



Choose Most Often and **Choose Sometimes** foods can look the same. But **Choose Sometimes** foods have more fat, sugar or salt. Use the Food Rating System to make healthy choices.

Choose Least Often group

Examples:

