



Holy Cross School Wellness Team Newsletter Sept 2019

Welcome to a New Year of Healthy at HCS!

Introducing the starting line-up of your School Wellness Team Members for 19-20:

Mrs. Rose Costello, Principal

Mrs. Peggy Loftus, School Nutrition Director

Mr. Tim Weaver, PE Teacher

Joshua Loftus, 8th Grade Student Member

Skyler Anderson, 8th Grade Student Member

Anna Loftus, 7th Grade Student Member

TJ Fisk, 7th Grade Student Member

Mrs. Judy Crull, MS Health/Science

Ms. Meghan Henwood, 5th Health/Science

Mrs. Justine Karduck, U of I Prof, HCS Parent

Gabe Srajek, 8th Grade Student Member

Hayden Wells, 8th Grade Student Member

Kristina Maloney, 7th Grade Student Member

David Hasenstab, 7th Grade Student Member

School Breakfast Update

School Breakfasts will be served twice a month throughout the school year. Our student members are in charge of picking the breakfast offerings and serving breakfast. Each lunch menu will list those dates and breakfast menu. Breakfast service is from 7:20 am to 7:50 am. Breakfasts are charged \$1.50 to your student's cafeteria account. Breakfast also qualifies under the National School Lunch Program for free and reduced price (\$0.15/breakfast). School Breakfast - the best way to start the day!!



Healthy Happy Birthday

One of the initiatives of the Wellness Team is encouraging students, faculty and staff to think about birthdays in a healthy way. Cupcakes and donuts are delicious and will forever be the favorite birthday treat. However, consider this: a classroom with 24 students with a 10 month school year, averages about 2 birthdays a month, with an average calorie count of 240 per cupcake. The average calorie count for a School Lunch, which includes milk, lean protein, whole grain, fruit and veggie is 600-650 calories. Most of the cupcakes are brought to the lunchroom to consume during lunch time. The vast majority of students eat the cupcake and then what else of their lunch they can eat. For some kids who are super active or have a higher metabolism, this balances itself out. For other kids, they just consumed 240 calories of sugar and fat and skipped the healthier part of lunch altogether. The School Wellness Team is NOT asking everyone to bring in celery sticks. We are encouraging everyone to talk with their teachers and their students to brainstorm healthier ideas for celebrating birthdays.

Ideas for Healthy, Happy Birthday Snacks

Remember - no peanuts please

- Pretzels & Cheese Cubes
- Fruit Cups
- Go-Gurts, Yogurt Cups & Granola
- Fresh Fruit
- Fresh Veggies (ranch too!)
- Apples & Caramel Dip
- Ice Cream Cup (low fat)
- Frozen Yogurt Cup
- 100% Juice Popsicles
- Popcorn
- String Cheese
- Chips & Salsa
- Granola Bars (and there are some delicious granola bars out there!)
- Trail Mix
- 100% Fruit Fruit Snacks
- Applesauce
- Hummus & Chips
- Baked Chips
- Pop Chips

Ideas for Healthy, Happy Birthday Non-Food Snacks

- Stickers
- Pencils
- Donate a book to the school library in honor of your birthday student
- Small toys like a stretchy animal, small bouncy ball, plastic stamps
- Fun erasers
- Temporary tattoos
- Donate a game for the homeroom classroom (indoor recess)