Promoting Academic Excellence and Personal Growth



Sussex Elementary School Family News

Feb. 27. 2015

http://sussexelementarv.nbed.nb.ca

Obesity: 'no silver bullet' but many promising weapons

Rethink regulation and education, researchers recommend

By Erin Obourn, CBC NewsPosted: Feb 20, 2015 5:00 AM ETLast Updated: Feb 20, 2015 2:08 PM ET

A study published this week in the medical journal The Lancet argues that today's food environments exploit people's biological, psychological, social and economic vulnerabilities, making it easier for them to eat unhealthy foods.

This reinforces demand for foods of poor nutritional quality, furthering the cycle of unhealthy food environments. In order to tackle the obesity epidemic, regulatory controls and education campaigns need to be reconsidered, food experts say. That echoes a main recommendation of the study.

While our psychological and biological taste buds are drawn to junk foods that contain high levels of fat, sugar and salt — which food industry giants make even harder to resist with concepts such as "bliss point" (food manufactured to bring the most pleasure possible), "mouth feel" (enjoyable fat compounds) and "flavour burst" (added salt) — it's not just the manipulation of taste that makes junk food so attractive.

It's the convenience, dietitians say. People just love convenience.

Tax junk foods more, obesity team suggests ANALYSIS | Why toddler foods have so much sugar and salt

"Even lawyers run down to the food court for what's convenient," said Leah Shainhouse, a private practice dietitian.

Shainhouse and fellow dietitian Abby Langer agree that people are aware of what's healthy and what's not, but many people don't cook for themselves and their families because they're too busy.

"People are trapped in habits related to food and convenience," said Mulvey. "What they need to do is large scale."

Mulvey said the nutritional claims for food products need to be more transparent. According to the book Salt Sugar Fat: How the Food Giants Hooked Us by Michael Moss, large food manufacturers will call a product low-fat while boosting its sugar and salt content.



SES Code of Conduct I will be: Responsible Respectful Reliable





Dates & Info. in this Issue

Mar. 10th	9am — 9:45am 3Bo/3F/&3's from 3/4D	9:45am-10:30am KR & KM	
	9am — 9:45am	9:45am-10:30am	
Mar. 11 th	3McC. & 3/4D.	3Bo & 3F.	
	9am — 9:45am	9:45am-10:30am	
Mar. 13th	KD & KMc.	1Mac. & 1B	
	9am – 9:45am	9:45am-10:30am	10:30am-11:15am
Mar. 17 th	KR & KMu	KD & KMc.	1H, 1B, 1Mac.
	9am – 10:00am	10am-11am	
Mar. 18th	2Br. & 2Bu.	2Mu., 2Ba, 1/2Mo	

April 20th is now a designated school day for students in all New Brunswick schools.

In the 2014-2015 school calendar this day was originally designated a provincial professional learning day for staff and a non-school day for students. This change is because of lost instructional days due to school closures as a result of the winter storms.

March is Nutrition Month

A lot of people struggle with making healthy food choices outside of the home. That's why Nutrition Month 2015 is dedicated to helping Canadians learn how to eat well all day long – whether at work, at school or at play.

With the right recipes, tips and a little planning, anyone can prepare nutritious meals and snacks for anytime and anywhere. Make it and take it, wherever the day takes you.

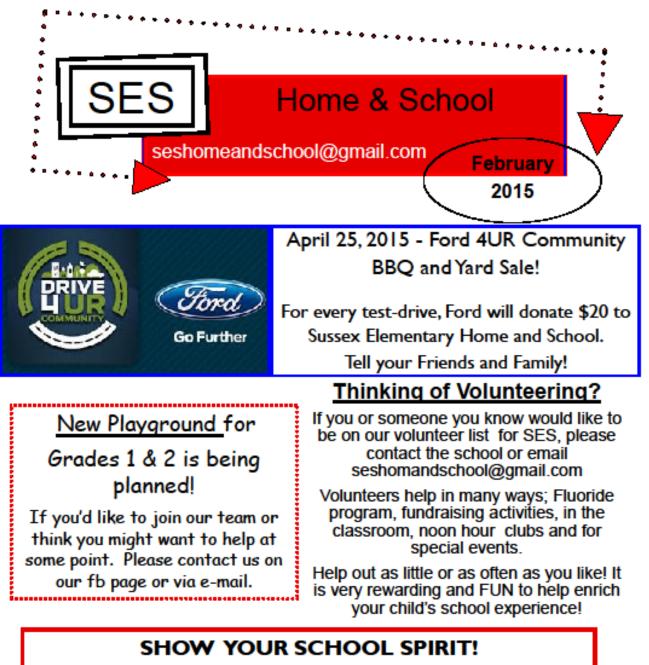
Nutrition Month is presented by Dietitians of Canada, as well as thousands of dietitians across the country. This website is brought to you by the team of Registered Dietitians at Dairy Farmers of Canada. http://www.nutritionmonth.ca/

<u>nttp://www.nutritionmontn.ca/</u>

SES Snack of the Week Program is Back!

As a way to promote Nutrition Month we are starting a focus on healthy snacks!

Week 1 (March 9-13) - Apples Week 3 (March 23-27) - Bananas Week 5 (Apr. 6-10) - Blueberries	Week 2 (March 16-20) - Strawberries Week 4 (March 30-Apr. 4) - Cucumber Week 6 (Apr. 13-17) - Oranges or citrus
(r ^r)	type snack
Week 7 (Apr. 20-24) - Grapes	Week 8 (Apr. 27—May 1) - Any fruit item
Week 9 (May 4-8) - Apples	Week 10 (May 11-15) - Strawberries
Week 11 (May 18-22) - Bananas	Week 12 (May 25-29) - Cucumber
Week 13 (June 1-5) - Blueberries	Week 14 (June 8-12) - Oranges
Week 15 (June 15-19) Grapes	



Wear your Red SES t-shirt on Tuesday March 17th!!

Did you know School spirit day falls on the 3rd Tuesday of every month? Which also is the same night as Home & School meetings :)

Wonder why all the fundraising? Join SES Home & School! Next meeting March 17th @ 6:30pm



Stay up to date! Join us on facebook

Sussex Elementary Home & School

Welcome to Kindergarten Bag Day at the Public Library

Bibliothèque Le Cormoran	Mid-May
Campobello Public Library	Wednesday, March 11th
East Branch—Saint John Free Public Library	Saturday, April 25th
Grand Manan Library	Wednesday, April 8th
Kennebecasis Public Library	Saturday, April 25th
Main Branch—Saint John Free Public Library	Saturday, April 25th
Ross Memorial Library (St. Andrew's)	Saturday, April 25th
St. Croix Public Library (St. Stephen)	Saturday, April 18th
West Branch—Saint John Free Public Library	Saturday, April 25th
Sussex Regional Library	Saturday, April 25th



CEDUCATION, CANADA'S FUTURE.

This program is offered in partnership with New Brunswick school districts and *The Learning Partnership*.

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www.gnb.ca/publiclibraries

Sussex Regional Library Free March Break Programs

March 3rd to March 7th $\sim 2{:}30$ to $3{:}30$

Tuesday: **BINGO**

Wednesday: LINE DANCING with Ashley

Thursday: ART & YOGA with Jennifer Coburn

Friday: PUPPET SHOW

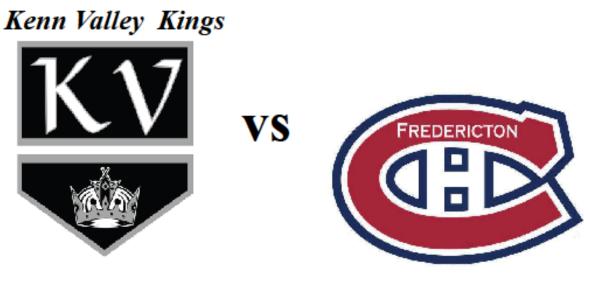
Saturday: MOVIE MATINEE & Popcorn

Most of our programs will also include stories and crafts. Spend some time browsing our collection of children's books and DVDs and take some home! Library cards are free to all residents of New Brunswick. For more information please call 432-4585



2:30 pm 8th Hussars Sport Centre-Sussex

Admission—\$2 adults, Free for students & children



Fredericton Canadiens

Local boys — CALEB KEAN & ANDREW SECORD!

