

Morning Announcements - December

K-5

- 1) The holidays can be busy. Take time to have meals with your family. In the morning talk about what you have planned for the day. At supper talk about the favourite part of your day.
- 2) Offer to help your family in the kitchen. Pick out a recipe, read out the recipe to the head chef, help wash the vegetables, or help to set, and clean up, the table. It is a busy time for families and your help will be appreciated.
- 3) Healthy eating throughout the holidays, and any day, will give you energy, boost your concentration and will help you and your body feel good.
- 4) Eating breakfast puts a twinkle in your eye, a smile on your face and leaves you with a great way to start the day.
- 5) Eating a healthy breakfast with some protein like an egg, peanut butter or yogurt is a great way to start your day. Try a banana with peanut butter and some yogurt... it is delicious!
- 6) Ask your family if you can go to the grocery store and help to pick out healthy foods for the family to eat. Look for foods without a nutrition label.... hint: visit the produce section!
- 7) Play a word game and keep your mind sharp! Can you name a fruit or vegetable that begins with each letter of the word Christmas?
- 8) Try to focus on healthy eating most of the time but also enjoy some of your favourite holiday treats. It is part of what makes

the holidays special. All foods are part of healthy eating. It is what we eat most of the time that is the most important.

- 9) Try not to get sick during the holidays. Make sure to get enough sleep and remember to wash your hands for 20 seconds. Just sing the chorus of jingle bells while you wash.
- 10) When you are thirsty grab water to quench your thirst. To boost the flavour add some red and green fruit or vegetables to make it look festive. Try a few strawberries, sliced cucumber or mint.
- 11) Go to the grocery store or farmers market and pick out a new red or green fruit and vegetable to try.



Middle School

- 1) The holidays can be busy. Make sure to take time to have meals with your family. In the morning talk about what you have planned for the day. At supper talk about the favourite part of your day. Talk about holiday traditions.
- 2) Offer to help in the kitchen. Pick out a recipe, help prepare the meal, offer to help set, and clean up, the table. It is a busy time for families and your help will be appreciated.
- 3) Healthy eating throughout the holidays, and any day, will help give you energy, improve your ability to concentrate and help your body to feel its best.
- 4) Eating a healthy breakfast with some protein like an egg, peanut butter or yogurt is a great way to start your day. Try a banana with peanut butter and some yogurt. Cook an egg, put it on a slice of toast and grab a piece of fruit.
- 5) Try to focus on healthy eating most of the time but also enjoy some of your favourite holiday treats. It is part of what makes the holidays special. All foods are part of healthy eating. It is what we eat most of the time that is the most important.
- 6) Help out at the grocery store. Look for foods without a nutrition label.... you will find many in the produce section! When buying food or beverages with a nutrition label, look for ones with the least amount of sugar.
- 7) When you are thirsty grab water to quench your thirst. To boost the flavour add some red and green fruit or vegetables to make it look festive. Try a few strawberries, sliced cucumber or mint.

- 8) Focus on colour. Holiday decorations are colourful. Balance holiday treats with colour-filled options to make your meals and snacks colourful too. Sugar snap peas, red peppers, baby carrots and cherry tomatoes are all bright and cheerful.
- 9) There are no foods on the naughty list. It is important to enjoy your food. During the holidays many families eat traditional treats. Eating foods, you like without judgement can help to develop a healthy attitude about food. Have a smaller portion and take the time to enjoy each mouthful.



High School

- 1) The holidays can be busy. Make sure to take time to have meals with your family. Aim to eat with your family at least 5 times a week. Meals are an important time to connect as family and to communicate about what is going on in each others' lives. Talk about holiday traditions, support each other and celebrate each others' successes.
- 2) Offer to help in the kitchen. Pick out a recipe, help prepare the meal, offer to help set, and clean up, the table. It is a busy time for families and your help will be appreciated.
- 3) Healthy eating throughout the holidays, and any day, will help give you energy, improve your ability to concentrate, improve your mood and help your body to feel its best.
- 4) Eating a healthy breakfast with some protein like an egg, peanut butter or yogurt is a great way to start your day. Try a banana with peanut butter and some yogurt. Cook an egg, put it on a slice of toast and grab a piece of fruit.
- 5) When you are thirsty grab water to quench your thirst. To boost the flavour add some red and green fruit or vegetables to make it look festive. Try a few strawberries, sliced cucumber or mint.
- 6) Try to focus on healthy eating most of the time but also enjoy some of your favourite holiday treats. It is part of what makes the holidays special. All foods are part of healthy eating. It is what we eat most of the time that is the most important.
- 7) Holiday schedules can be hectic between our regular routines and the extra holiday activities. It is important to stick to your regular eating and sleeping routine as much as possible.

- 8) The holiday season is filled with colour. Embrace your family's celebrated holiday by using its colours in a morning smoothie. Create red or green smoothies using a variety of fruits and vegetables like strawberries, raspberries, grapes, and spinach or a "white" smoothie made with bananas, white nectarines, ginger.
- 9) Out of site out of mind. Encourage healthy eating by keeping fruit where it can be seen. Cutting fruit into bite sized pieces can make it easier to eat as well. Use a combination of berries, mandarin oranges, clementine's, kiwi and melon to bring a festive flair. Make an edible centerpiece in the shape of a Christmas tree.
- 10) There are no foods on the naughty list. It is important to enjoy your food. During the holidays many families eat traditional treats. Eating foods you like without judgement can help to develop a healthy attitude about food. Have a smaller portion and take the time to enjoy each mouthful.
- 11) Don't forget to stay active. Use the extra time many of us have over the holidays to get moving. Go for a walk, play a game of hockey with your friends and family, go for a skate while listening to Christmas music.

