



OYEN PUBLIC SCHOOL

EAVESDROPPER



February 11, 2010

From the Principal's Desk

On Friday, February 11, Oyen Public School along with Assumption School will participate in an Olympic kick off event. The grade 1-6 students will be walking over to ARC at 1:00 PM. Once there, they will take turns running the pretend Olympic torch around the track. Mrs. Coleen Feeney, from Drumheller, will be there with her Olympic torch she used in the torch relay. If time allows, students will participate in outdoor games. This is a great way to increase understanding of the Olympics, and to send the students into their week long reading break.

All students and staff at OPS are encouraged to wear red and white on Friday, February 12 to kick off the Olympics and celebrate national flag day which takes place on Monday, February 15.

The junior high had a dance last Friday, and the feedback is that all students had a great time. Thank you to the following parent supervisors: Mr. and Mrs. Mann, Karla Norris, Mr. Thomson, and Mrs. Oates. Also thank you to staff supervisors Mr. Simmons, Mrs. Coates, Mrs. Cox, Miss Gardner, and Mrs. Peterson. There were many students who helped with the decorating and clean up that goes with the dance. Your positive leadership in the school is appreciated by the staff and student body.

Mr. and Mrs. Orr, and Mr. Meekins had an open house for the music programs that are being offered at the school. Tuesday and Wednesday we had many parents from the band, grade 5/6 music, grade 4 music, and the private lesson students visiting the school. All students performed well, and this program is a huge benefit to our school. Keep up the great work music students.

Parent teacher interviews were held on Feb. 2nd and 4th. Many parents attended the interviews. If you were unable to attend due to other commitments and would like an interview please contact the school.

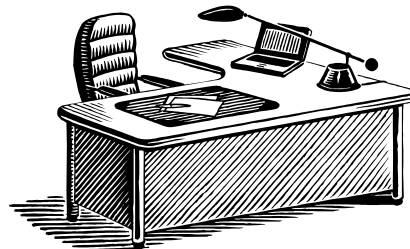
Thursday, February 11 was the 100th day of school. The primary grades had many activities planned, and from what I heard it was a great day for staff and students.

Reminder that the boys and girls divisional basketball tournament takes place in the OPS gym on Tuesday, February 23 starting at 12:00. A schedule will be out shortly. The parent council meeting date had to be changed. The new date for the meeting is Monday, March 8. Please plan on attending the meeting and have your voice heard on decisions in the school.

Remember there is no school the week of February 15-19. Have a great spring break with family and friends.

Yours in Education,

Mr. Jason Duchscherer





Oyen Public School is proud of our Hearts for Haiti group. Thanks for all the effort you have put towards this very worthwhile and necessary cause. The group will be doing more presentations in our community and will be fundraising through the Oyen Public School Students Union. If you would like to donate to this heartfelt cause or have an event where you would be willing to promote this group please contact the school.



On February 5, 2010, Oyen Public School Student's Union held a Valentine junior high dance. What a success! We had a turn out of 58 students from Oyen, New Brigden, and Acadia Valley. Thank you to our supervisors: Mr. and Mrs. Mann, Mrs. Coates, Karla Norris, Mrs. Peterson, Mr. Thomson, Mr. Simmons, Mrs. Ball, Mrs. Cox, and Ms. Gardner. With out volunteers, none of our dances could ever happen. Thank you to the decorating committee and cleanup crews.

A job well done! We would also like to acknowledge our DJs: Landon Kukura, Darianne Duffield, Brittany Bamber and Donny Kimber Who kept the music playing, the contests rolling and the dancers active. Thanks to all of the students who came out to support us! Hope to see you at the next dance!!

Oyen Public School
Jr. High Student's Union

Do you need help with your homework??

Oyen FAD PAD is organizing a homework help day.

WHERE: OPS library

WHEN: Wednesdays, 3:30-6:00pm

WHO: Students grades 1-9



February Friday Lunch Schedule



February 5th ó Hotdog Day

February 12th ó Subway Day

February 18th ó No School

February 26th ó Pizza Lunch

Region 2 SE Alberta Child & Family Services and
Family & Community Support Services Programs proudly present:



Dr. Gordon Neufeld

a free community event for parents
South Central High School
in Oyen

Saturday morning
March 27, 2010

9am - Noon

for parents of children and youth



RELATIONSHIP MATTERS: HARNESSING THE POWER OF ATTACHMENT

Internationally renowned speaker and ground breaking author Dr. Gordon Neufeld is coming to S.E. Alberta*. On Saturday morning March 27, 2010 Dr. Neufeld will talk about how parents can harness the **Power of Attachment** to make their interactions with children easier and more effective.

Visit our website: www.positiveculture.ca/CPEF-regional-parenting-event for more

Dr. Neufeld's best-selling book

"Hold on to Your Kids"

will be available for \$20 cash – including gst!!

Facilitated Follow-Up



Betty Parker's passion for Dr. Gordon Neufeld's Paradigm began to develop in April 2007, when she first heard him speak.

Certification as a Neufeld Parent Educator along with her diverse experiences as a parent,

grandparent and teacher has provided Betty with a solid foundation to facilitate Dr. Neufeld's video-courses. Betty is currently employed by McMan Youth, Family and Services Association as a Child & Family Development Worker in the CONNECTIONS Program.

Betty is excited about the opportunity to meet and connect with the people of Oyen and area.

Join us

LIMITED SEATING – BOOK YOUR SPOT TODAY!

South Central High School
March 27, 2010

9:00 – 10:30 am

Dr. Neufeld speaks by video link

10:30 to noon

Betty Parker facilitates follow-up

To register, please contact:

Heather Norris, Oyen FCSS
403-664-2255

email: oyenfcss@telus.net

parenting
through the
years

* In a live video-broadcast from Redcliff to locations in: Oyen, Bassano, Bow Island and Foremost

Junior High Curling



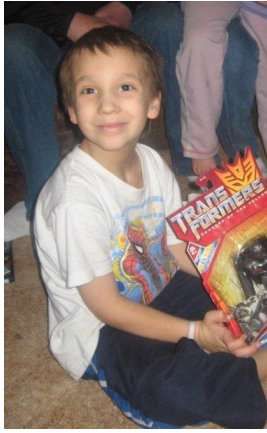
Jeremy Dick Dawson Dick Bryce Hittel Berndan Bamber Ryder Duffield Kyler Salik David Reimer Keatan Dick

On Friday, January 22nd, both OPS curling teams travelled to Schuler to compete in a junior bonspiel. Team 1 came home with silver in the B pool. Team 2 captured gold in the C pool. Both teams travelled to New Brigden on the morning of February 1, to compete in divisionals. Both teams played hard, had a great time, and tied for third.

School Safety Patrollers of theMonth

Oyen Public staff and students would like to congratulate Vincent Vanstone(below left) school safety patroller of the month for December, and Ben Smith(below right) patroller of the month for January. Thank you to all of the Patroller team for helping to keep our students safe.





2nd Trek for Tourette's

Important weather update:
Snow, Sleet, Hail, Rain, Fog,
Clouds, Sun is expected.



Since **Tourette Syndrome** is unpredictable,
the TS event of the year is, too.

March 21, 2010 in Oyen, AB

If you would like to know more, make a donation or help/participate
please contact

Tracy Hudson @ 403-664-3098

Or by email labluegirl74@hotmail.com

Facebook Group - **Come Trek in 2010 for Tourette's in OYEN, AB**

Grade 1 and 2 class prepares for the 100th Day
of School celebration by decorating shirts



2009-10 Accountability Pillar Survey

Parent Information

You may have recently seen newspaper articles on Provincial Achievement Tests (PATs) or changes to the Grade 12 Diploma Exams. Both PATs and Diploma Exams contribute to the Accountability Pillar, a tool used by Alberta Education to evaluate how well the education system is meeting the expectations of parents and the public. All parents want to know that their children are receiving a quality education. Grades are important but there is more to it than that. A quality education helps all children make the most of their talents and abilities.

The Accountability Pillar uses a set of 16 indicators consisting of surveys of students, parents and teachers on various aspects of quality; student outcomes such as dropout and high school completion rates; and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey. In January, parents of students in grades 4, 7 and 10 (*change to grades 4-12 if applicable*) will receive a survey from Alberta Education. In February, students in grades 4, 7 and 10 (*change to grades 4-12 if applicable*) and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with this school. In addition to English and French, the parent survey is available in Mandarin, Cantonese, Punjabi, Arabic, Blackfoot, Cree, Korean, Spanish and Tagalog.

As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we're equipping students for success. Your participation in the survey helps, so we encourage you to return your survey promptly. Survey results will be available to jurisdictions in May 2010, and will be reported publicly by jurisdictions as part of their 3-Year Education Plans and Annual Education Results Reports.

Oyen Public School grade 3 class did an art project and learned about Chinese New Year which is celebrated on February 14th. This is the Year of the Tiger.

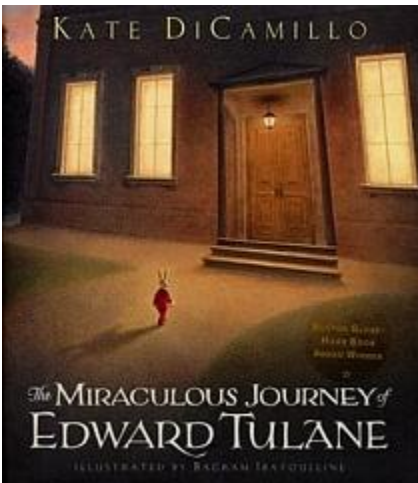




“**Respect in Sport**” is Canada’s only on-line bullying, abuse, harassment and neglect prevention program for coaches and community leaders. Founded in 2004 by partners Wayne McNeil, and former NHL hockey player Sheldon Kennedy, Respect in Sport has been developed in consultation with the Canadian Red Cross to protect youth, inform leaders, and mitigate an organization's liability.

Communities In Action had the privilege to bring ex- NHL player Sheldon Kennedy and his program “Respect In Sport” to our community on April 1st 2009. Since then many local volunteer coaches and activity leaders have completed the 3 hour online Respect in Sport program, ensuring safety and enjoyment for all participants. If you registered for the program but have not yet completed it, please do so as soon as possible. If you would like to participate in this on-line program please call Communities in Action Coordinator, Sheila Flemmer, at 403-664-2255 to register.

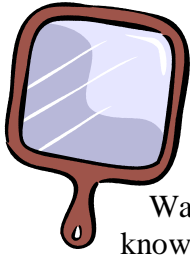
Book Club Update



Grades one, two and three book club will be starting again after our break. We will be using the same format as before by sending one book home to be read per family. Chapters will be assigned and discussion will be held during noon hours. Our book this time is called *The Miraculous Journey of Edward Tulane* by Kate DiCamillo. It is a story of a China Rabbit who learns, after many journeys of an unexpected kind, that one can learn to love, to lose, and to love again.

The Grade four to six book club has finished reading the first book in the shadow children series. The students really enjoyed this book and some are planning on reading the rest of the series. Most did not want to live in a society where you were limited to only having two children. After the break, I am dividing up this book club and we will be reading two different books. The first group will be reading books more suitable to the grade four level and this will be open to any of the students in these grades. The second club we will be reading books more suited to the grade six level or higher. We will begin this right after the break.

The Junior High book club is still reading the first in the *Artemis Fowl* series and we are planning on finishing this book over break. Then we will take up the challenge to find a book that none of the students have read before, which is difficult since this group of students are all avid readers. During Friday at noon we read our book, and then spend some time in discussion. We usually have very lively conversation, unfortunately not always about the book we are reading. What a wonderful and interesting group!



Machellø Mirror

The 100th day of school has arrived! Tomorrow, the Family Day break begins! I hope everyone enjoys the break, and the children come back ready to work hard until Easter, which is also not too far away.

We have begun our theme about the ocean, liquids, and boats and buoyancy: òThe Waters of Lifeö. The children have already learned a lot about water from two videos. Did you know that $\frac{3}{4}$ of the earth's surface is covered with water? Very little of this is fresh water, so we are very lucky here in Canada to have so much of it. About $\frac{3}{4}$ of our body is also water! During our study of the poles, we learned about the liquid and solid forms of water, and now we are learning about water vapor, and the water cycle.

The children made òMagic Mudö with Mrs. Scory last Thursday, using cornstarch and water. This mixture, called a òcolloidö, acts like both a solid and a liquid! The children explored the splashes and ripples different small objects made in a bowl of water with Mrs. Stammers. We have looked at seven different liquids, and sorted them by their appearance, taste, touch, and smell: water, vinegar, apple juice, vegetable oil, pancake syrup, corn syrup, and honey. We had fun keeping a straight face when we tasted the vinegar!

We dissolved some salt in a glass of water, and found that we could put three heaping teaspoons of salt in the water. We are leaving the water out on a shelf, and have been watching the water level, which is slowly going down. The children think there will be just salt left when all the water is gone. I think they may be right.

We have been having a daily joke or riddle relating to the sea. Here they are to date:

What doesn't get wetter no matter how much it rains? The ocean.

When is the ocean friendliest? When it waves.

What do two oceans say when they meet after many years? Long time no sea.

What's the difference between a fish and a piano? You can't tuna piano.

Where do fish go for vacation? Finland.

What musical instruments are best for catching fish? Castanets.

How do you stop fish from smelling? Hold their noses.

What did the ocean say to the beach? I'm not shore.

And here are some 100 riddles:

What did the penny say to the dollar? It takes 100 of me to make one of you!

What did the teacher say to her students on the 100th day of school? Have a 100-ful day!

Alien boy: Mom, could you make me a snack? Alien mom: Now, son. I'm too busy. I only have 100 hands, you know!

Without 1 it is nothing. What is it? The number 100!

In Math, the children are working with place value using place value blocks, and ten frames. They are also getting very good with our daily numbers.

Our Student of the Week last week was Daniel.. Daniel says that he has a good singing voice and sense of humour, is a day person, and always tries to help others. He describes himself as quiet, cautious, a loner, and active. Daniel's favourite movie is GForce. His favourite family activity is watching TV, because it's fun. Daniel's wish for the world is world peace. If Daniel could go anywhere in the world, he would go to Niagara Falls, Ontario. When he grows up, he would like to be an inventor.

This week, Hayden is our Student of the Week. He says that he has a good singing voice, doesn't get jokes, always tries to help others, and is a day person. Loud, cautious, friendly, and lazy are how he describes himself. Hayden's favourite TV show is the Bugs Bunny and Tweety Show, because he laughs his head off! (but it's still on his shoulders ó hmmmí) His favourite family activity is going to a hotel for the weekend, because he goes swimming. Hayden's wish for the world is that everyone has a family. If he could go anywhere in the world, he would go to Mexico. When he grows up, he wants to be a farmer.

Congratulations go out to Charity, Xanel, Tyrell, and Quinell for receiving their Silver Award for 75 Personal Effort Points earned. We also have our first Gold Award winner! Melissa has earned 100 points.

ELEMENTARY CHOIR

Mrs. Machell, with the assistance of Mrs. Cox, is running an elementary choir after lunch during noon breaks on Wednesday and Thursday. So far we have around ten attending regularly, and would love to have more! We will be preparing a production with songs, poems, and multi-media entitled "We've Only Got One Planet", and hope to present this on Earth Day, April 22nd. The grade fours are assisting with this production. Mrs. Machell also hopes to incorporate the use of the hand bells!



ECS UPDATE

The February break is here already! We have had two hectic but fun days for our last week. On Tuesday we had our Mini-Olympics on our skates at the arena. We began with the torch relay that the students made themselves with tissue paper, each skating a distance around the ice and then lighting the cauldron in the middle together. We then brought out the banner that we made with Canada flags with handprints for the maple leaf, the paper plate rings that were collaged with the correct colours and everyone printed their names and "Believe." Thanks to Ashley for assembling this for us and for all her other tremendous work. We then played some games to mimic some of the Olympic events and of course there was lots of cheering during the friendly competition. We tried "puck curling," "hockey relay," "pylon skiing," "polar bear slides/skeleton" and "free skate" to the Olympic song "I Believe." This concluded our skating for this year. The students have progressed so much and hopefully will find time to go public skating. Good luck to our hockey players and figure skaters. A huge thank you to all the parents who helped with tying skates and to our photographers Rob and Laurie and to Tory who went the extra kilometer! We are very appreciative to Mr. Ed Peacock and the arena staff for the wonderful job they do in keeping the ice surface tiptop and everything very clean. When we returned to school we hung our banner by the office, presented the salt-clay medals that the students had made and painted and posed for pictures with our torches that had all the colours of a real flame in them.

Today we are making Valentine card holders, counting with cinnamon hearts, making strawberry milkshakes and exchanging Valentines.

Thanks very much to Mrs. Sheila Woods for substituting for Mrs. Evens today.

Please send the Literacy Backpacks back as soon as your child is finished with it, so they can get a new one. I'd like the turnaround time to be about a week or sooner, please. Thanks to Dana for organizing the work party for the backpacks.

A couple of weeks ago we really enjoyed the entertainment by Saskatchewan Express. The Kindergarten students sat enthralled for the whole performance.

I hope that everyone has a terrific and safe break.



WEBINARS FOR TEACHERS AND PARENTS

What is a webinar? Short for web-based seminar, a webinar is a presentation, lecture, workshop or seminar that is transmitted over the web. The key feature of a webinar is its interactive elements -- the ability to give, receive and discuss information, typically through slide show presentations, streaming video, VoIP, whiteboard and text chat.

****All you need is a computer and a headset! You can participate from home, school, or your office. Once you register online, you will be provided with the login information you require to take part in these learning opportunities.**

* 4:30 pm to 5:30 pm

*Please log on at 4:00 pm to do your mic & speaker test!

*Cost: \$20

*To register: http://199.216.220.20/ei4/getdemo.ei?id=15022&s=_2440VJFYS



Student Internet Safety-What Teachers and Parents Should be Demonstrating and Teaching K-12 with Pat Bohnet

Monday, February 22, 2010

ABOUT THE SESSION:

The "Safe Passage" resource from the Media Awareness Network will be used to show parents and teachers how to "teach kids to be safe and responsible online". This session will guide you in showing your students good digital citizenship and how to demonstrate good practice on the internet!

Web Awareness for Parents and Teachers of Children - Ages 4 - 12 with Pat Bohnet

Monday, April 12, 2010

ABOUT THE SESSION:

Are you aware where your child/student has been accessing information from the internet? Is the information they have accessed valid or true? Do you know the contacts that they have in MSN, Facebook, and others? Did you know the internet is a common method for bullying? This session will provide you with the necessary information to start good digital citizenship practices using the internet and how to demonstrate good safe internet practices in your home and classroom. The resource "*Growing with the Net - A developmental Approach to Children's Internet Use (Ages 4-12)*" from the Media Awareness Network will be used for this session.

ABOUT THE FACILITATOR:

Pat Bohnet is a trained Elluminate administrator for the ARPDC. Pat has been in charge of training and working with all CTS Elluminate moderators and is now designated as the provincial ARPDC Elluminate Manager.

MY CANADA IS...

Canadian Heritage is pleased to announce the official launch of the

CANADA DAY POSTER CHALLENGE 2010

Each year, students aged 5 to 18 are invited to take part in the Canada Day Poster Challenge by designing a theme-based poster that illustrates their pride in Canada and in being Canadian. This year's theme is **My Canada is...**

Your poster design could win you great prizes including becoming the official poster for Celebrate Canada!

The deadline for submissions is **March 15, 2010.**

LIGHTS! CAMERA! ACTION!

And, new this year is an exciting new video contest! You will have a chance to get behind the camera by creating a video with the theme: **My Canada is...**

For more information, visit the Poster Challenge website or contact the **Canadian Heritage Enquiry Centre** toll free by phone or email:

<http://www.posterchallenge.pch.gc.ca>

1-866-811-0055

<mailto:info@pch.gc.ca>

OYEN FIGURE SKATING CLUB

is proud to present



February 26, 2010

7:00 pm sharp

FREE ADMISSION

50 / 50 DRAW

Annual Carnival



February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Elementary Curling	2 Con. Manag. Lunch 12:00 Parent Teacher Interviews	3 SS Patroller Meeting @1:25 Be fit for life 10:30 3:30 Choir @ noon <i>BB games</i> <i>Boys @WPS</i> <i>Girls - By</i>	4 Parent-Teacher interviews Elementary Choir @ noon	5 Hotdog Day	6
7	8 Elementary Curling	9	10 <i>Winter Walk Day</i> Pizza Forms Due Choir @ noon <i>BB games</i> <i>Boys host YT</i> <i>Girls @ NB</i>	11 Choir @ Noon	12 Pizza Lunch	13
14 	15 FAMILY	16 WEEK	17 BREAK	18 Teacher	19 Convention	20
21	22	23	24 Subway forms Due Choir @ noon <i>Basketball</i> <i>Divisionals @</i> <i>OPS</i>	25 Choir @ noon	26 Subway Lunch Girls BB Tourn. Hanna Boy's BB Tourn. Brooks	27 Girls BB Tourn. Hanna Boy's BB Tourn. Brooks
28						

Parent Council/
Fundraising Society Meeting
March 8th @ 7:00pm



The Nutrition Times

PREPARED MONTHLY BY LOCAL COMMUNITY DIETITIANS

The Heart and Stroke Foundation of Canada highlights February as "Heart Month". In honour of Heart month, this edition of the Nutrition Times focuses on heart healthy eating and other ways you can reduce your risk of heart disease and strokes.

Cholesterol

Cholesterol is a waxy substance in our bodies. Cholesterol forms parts of cell membranes, and makes vitamin D, and hormones.

There are two types of cholesterol. The first type is found in foods such as meat, organ meats, egg yolks, milk, and some shellfish. The other type is found in the body as LDL or HDL cholesterol (see boxes below).

Only ~25% of the cholesterol in our body comes from the cholesterol we eat in foods. The other 75% of cholesterol in our body is produced by our own liver.

If blood levels of cholesterol become too high, it can stick to the walls of arteries and plaques can begin to form. This leads to blockages that reduce blood flow to the heart and put you at risk for heart attacks and stroke.

Cholesterol levels are affected by your activity level, diet, and body weight.

LDL Cholesterol (Low Density Lipoprotein)

- Known as the lousy or bad cholesterol
- Role in the formation of blockages in the heart
- You want low levels of LDL cholesterol

HDL Cholesterol (High Density Lipoprotein)

- Known as the healthy or good cholesterol.
- Carries the bad LDL cholesterol away from the heart
- You want high levels of HDL cholesterol

Types of Fats

Saturated Fats

These fats cause LDL to ↑

Food Sources:

Meat and Poultry- *fatty and marbled meats, bacon, processed meat, poultry skin*
High Fat Milk Products- *cream, ice cream, cheese*
Butter, Lard
Tropical Oils- *palm oil, palm kernel oil, and coconut oil*

Trans Fats

These fats cause LDL to ↑ and HDL to ↓

Food Sources:

Commercially Baked Goods- *crackers, cakes, pastry, doughnuts, cookies, muffins*
Hydrogenated Oils and Margarines
Deep Fried Foods, Chips, and Fast Food
Coffee whitener

Healthy Fats

These fats can cause LDL to ↓

These are the monounsaturated and polyunsaturated fats. Polyunsaturated fats include both omega 3 and omega 6 fats.

Monounsaturated Food Sources- *olive, canola, and sunflower oil*
Omega 3 Food Sources- *walnuts and walnut oil, flaxseed and flaxseed oil, fatty fish, canola and soybean oil*
Omega 6 Food Sources- *corn, soybean and safflower oil*

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U



Blood Pressure and Your Heart

Blood pressure is the force of blood pushing against the blood vessels in the body. Think of your blood vessels as a balloon, the blood pressure is like the air blowing up the balloon.

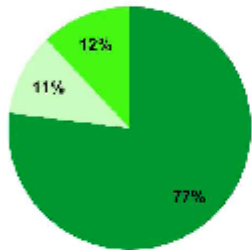
You want your blood pressure to be around 120/80.

When blood pressure is high it causes your heart to pump harder than it should. This can lead to heart disease because blood vessel walls become damaged. If you blow a balloon up too much, it will be damaged and pop!

" Limiting Salt Intake is healthy for everyone! "

Sources of Salt in Our Diet

- Restaurant and processed foods contribute to ~77% of most Canadians daily sodium intake
- 12% of sodium is added at the table or in cooking in the form of salt
- 11% of the sodium in Canadians diets is naturally occurring in food



Tips to Reduce Salt Intake

- Add flavour to foods with herbs and spices and season foods with salt free Mrs. Dash or lemon juice
- Eat more fresh fruit and vegetables and use fresh ingredients in cooking
- Eat restaurants and fast food meals less often
- Choose "sodium- reduced" or "no salt added" options for packaged and canned foods such as soups and crackers
- Use less high sodium sauces such as ketchup, mustard, soy sauce, salad dressings and gravies

Factors Contributing to High Blood Pressure

- **Family history**

High blood pressure is common in some families.

- **Overweight**

Being overweight can make your heart pump harder to push the blood through your body.

This ↑ blood pressure.

- **Not enough physical activity**

People who do not get enough physical activity have higher heart rates.

This ↑ blood pressure.

- **Too much alcohol**

Drinking more than 2 alcoholic drinks a day for men or 1 alcoholic drink a day for women can damage heart muscles.

This ↑ blood pressure.

- **Eating habits**

Eating too many salty foods and not enough vegetables, fruit and low fat milk and alternatives.

This ↑ blood pressure.

- **Smoking**

The nicotine in cigarettes shrinks the inside of your blood vessels, making less space for your blood to flow through.

This makes your heart beat faster and ↑ your blood pressure.

- **Stress**

For some people, stress can ↑ blood pressure.

" Consume no more than 2300 mg of sodium/day; this is ~ 1 tsp of salt! "



Sources: Calgary Health Region, "Fats and Your Health" 2007, Alberta Health Services, "Cholesterol, Triglycerides, and Fats" 2008, Alberta Health Services, "Controlling Blood Pressure" 2007, J Silzer, W Shah, N Campbell, M Smith, "Too Much Salt in Your Diet can contribute to High Blood Pressure"



2948 Dunmore Road SE
Medicine Hat, AB, T1A 8E3
403.502.8200

440 3rd Street East
Brooks, AB, T1R 1B3
403.501.3300

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U





Healthy School Environment Project 2009-2010

Fast Food Restaurants: menu choices that meet AB Nutrition Guidelines

****The following list represents some of the fast food Restaurants that are commonly used by schools when order special 'hot lunches'. It is not meant to be a complete representation of all fast foods, nor of all restaurants. The information is current as of the last updated date and the nutritional information provided by each of the restaurants listed.**

Menu items for **each restaurant** are in order of 'most' to 'least' healthy options. Restaurants are listed randomly.

Subway:

The following are 6+subs on 9-grain bread with lettuce tomato, onion, green peppers and cucumbers, no sauce

- Veggie Delite
- Oven Roasted Chicken
- Turkey Breast
- Roast Beef
- Black Forest Ham

The following are flatbreads with lettuce, tomato, onion, green pepper, and cucumbers, no sauce.

- Veggie Delite
- Oven Roasted Chicken
- Turkey Breast

The following are mini-subs on 9-grain bread, lettuce, tomato, onion, green pepper, and cucumbers, no sauce.

- Black Forest Ham
- Turkey Breast
- Roast Beef

Sandwich condiments added will put Black Forest Ham, Roast Beef and Turkey Breast over marginally. The following are best choices.

- Sweet Onion Sauce, fat free
- Light Mayonnaise
- Mustard: deli brown or yellow
- Honey Mustard Sauce, fat free

All salads meet the guidelines if served without dressing. All salads except Veggie Delite do NOT meet the guidelines when dressing is added.

Taco Time:

- Junior Beef Burrito
- Super Bean Burrito
- Veggie Taco
- Super Chicken Burrito
- Salads without a bowl or dressing.

Arby's:

- Kids Meal Junior Roast Beef Sandwich
- Arby's Melt Roast Beef Sandwich
- Roasted Chicken Sandwich
- Regular Roast Beef Sandwich.
- Chopped Farmhouse Chicken Salad with grilled chicken and Dijon Honey Mustard dressing.
- Chopped Farmhouse Chicken Salad with roasted chicken and Dijon Honey Mustard dressing.

Pita Pit: Whole wheat or white pita (preferably ww) with the following choices:

- Babaganoush
- Falafel

- Hummus
- Chicken Souvlaki
- Chicken breast
- Chicken Caesar
- Rib
- Tuna
- Any vegetable choice (not pickles)
- Sauces can be added: **highest sodium** are BBQ, Caesar, Mayonnaise
- Cheddar cheese

Extreme Pita:

- Classic Pita: Market Fresh Veggie (Small or Large)
- Classic Pita: Tuna (Small or Large)
- Freestyle Pita: Falafel (Small Only)
- Freestyle Pita: Philly Cheese Steak (Small Only)
- Freestyle Pita: Grilled Chicken (Small Only)
- Chef Inspired Pita: Maple Dijon Chicken (Small Only)
- Chef Inspired Pita: Chicken Souvlaki (Small Only)
- The following condiments are **less than 100 mg's of Sodium**: Light Mayonnaise, Honey Mustard, Sour Cream, Dijonaise, Chipotle Mayonnaise, Bourbon Chipotle.

Mucho Burrito: offers build it yourself tortillas.

- 6.5+or 8+tortilla with cilantro lime rice, roasted veggies, mozzarella cheese and sour cream. Can add corn/black bean salsa.
- 6.5 %or 8+tortilla with cilantro rice, pinto beans, cheddar or moza cheese and sour cream. Can add corn/black bean salsa.
- ALL meat choices are high in sodium.

Dairy Queen:

- Grilled Chicken Wrap.
- Grilled Chicken salad
- Shredded Chicken Sandwich
- BBQ Pork Sandwich

Panago: Medium pizza cut into 6, 8 or 10 slices, **crust is multi-grain.**

- Veggie Pepperoni (Can also be cut into 5 slices and meet guidelines)
- Garden Veggie (Can also be cut into 5 slices and meet guidelines)
- Chicken and Pineapple (Can also be cut into 5 slices and meet guidelines)
- Cheese
- Pepperoni
- Pepperoni, Ham, and Mushroom

Pizza Hut: Medium pizza cut into 8 or more slices. No crust choice.

- Veggie Lovers Pizza
- Bruschetta Pizza
- Veggie Mediterranean Pizza
- Chicken Florentine Pizza
- Greek Pizza
- Grilled Chicken Italiano Pizza
- Chicken Lovers Deluxe Pizza
- Supreme Lovers Pizza
- Tuscan Sausage Pizza
- Venetian Pizza
- Meat Lovers Pizza
- Italian Classic Pizza