



# OYEN PUBLIC SCHOOL

## EAVESDROPPER



May 13, 2010

### From the Principal's Desk

Hope everyone is enjoying the sunny weather and all the activities that go with it. Oyen Public has been a very busy and exciting place over the last couple of weeks. Since the last news letter the junior high badminton team competed in the zone tournament in Canmore. The entire team did very well and we ended up coming home with one gold medal. Kira Smigelski, for the second year in a row, won the girls singles event. This year she competed in the juvenile category. Justin Logan and Alex Scory also did very well losing the bronze medal game in the midget boysødoubles category. Thank you to Mr. Simmons for coaching the team this year.

The track and field meet is set for Monday, May 26 at Assumption School with a start time of 9:15. Schedules and times of events will be sent home soon. The junior high students as well as some elementary students are busy practicing for the events in gym class as well as at noon hours.

The band, choir and some private students of Mr. and Mrs. Orr will be attending the Kaleidoscope of Arts on Saturday, May 29. Information packages have been sent home with the band and choir students. Mrs. Deb Pearen will be contacting all the band parents to find out their plans for the event. If you have any questions feel free to call the school.

The gym recently had an upgrade and now has glass backboards. A big thank you goes out to the fundraising society for purchasing the backboards. The irrigated sports field on the west side of the building will also be going in shortly. This will also be a great upgrade for our school.

The parent council held a meeting on Monday, May 10. There was to be an election of a new chair, vice chair, and secretary. These positions were not filled at the meeting so that will be the first order of business at the next meeting on Monday, September 20. The staff at OPS would like to thank the parent council executive this year for all their hard work and commitment to the school. The executive consisted of Mrs. Sherry Bamber as the chair, Mrs. Christie Hittel as the vice chair, and Mrs. Jennifer Dumonwski as the secretary. If you have any interest in joining the parent council executive next year please contact Mrs. Sherry Bamber or the school.

The grade 9 class recently participated in the Speak Out program which was put on by Alberta Education. To see the results for the school you can check out the school web page at [oyenschool.com](http://oyenschool.com). Along with the results all school information is posted on the web page.

There are a number of students at the school who are becoming infected with pink eye. If your son or daughter gets pink eye it is recommended to keep them at home until they have used antibacterial eye drops for 24 hours.

Finally OPS will be running a bottle drive on May 18 and 19. We will be collecting the bottles on the 18<sup>th</sup>. If you would like to donate bottles to the school could you please leave them on the curb. Also if you are able to help with the bottle drive please contact the school. We will need parents to help with picking up and sorting the bottles. The proceeds from the bottle drive are going to be used to place sod behind the basketball court on the elementary side of the school as well as fix the sod that was wrecked from the construction last summer.

Yours in Education,

Mr. Jason Duchscherer



## Pink Eye Outbreak

Oyen Public School has an outbreak of Bacterial Conjunctivitis. Bacterial conjunctivitis (commonly known as "pink eye") can be highly contagious especially among young children where hygienic practice can be somewhat less observed. What causes the spread of this eye disease, is the transfer of the discharge from an infected eye to a healthy eye. This is commonly done by sharing towels or by touching the eye and then touching other items (ie pencils, books), which then inadvertently get shared by others, who in turn touch their own eyes.

The best way to prevent the spread of the infection is to encourage quick control in individuals affected via an antibiotic eye drop obtained by their eye doctor or family physician, and to encourage that hands stay away from the eye at all times. Also remind infected children that if they do touch their eye by accident, then immediate washing of the hands is important. At home, linens should be washed frequently and towel/washcloth sharing should be discouraged.

Should your child develop pinkeye, try to see your eye doctor or family physician as soon as possible to obtain appropriate treatment, and consider keeping them at home until the discharge ceases to avoid further spread to others.

Submitted by:

Dr. Jackie Hagens O.D.

*Thank you to everyone who ordered hanging baskets from the students at OPS. Your support is greatly appreciated. These baskets will be delivered to the school during the last week of May.*



## FREE HELP

To learn or improve your reading, writing or numbers.

Phone 403-664-2060

If you or someone you know requires help learning or improving their literacy skills please phone the above number. We will take students age 16 and up. Help is available for essay writing, grammar and pronunciation.

Big Country Community Adult Learning Council Oyen

## **Badminton Zones 2010**

On May 4, 16 students from Oyen Public travelled to the Canmore region to compete in this years Zone Badminton Championships. The grade 7s competed in Banff. Thank you to Mr. and Mrs. Muzyka and Fred Beynon for driving and supervising the grade 7 competitors.

The grade 8s competed at Our Lady of the Snow School. Alex Scory and Justin Logan lost out in the Bronze Medal game. Thank you to Mrs. Logan and Mr. and Mrs. Scory for driving and supervising.

The grade 9s competed in the Community High School. Thanks to Mrs. Smigelski and Mrs. Snell who helped supervise. Congratulations to Kira Smigelski who won the gold medal in girls singles.

Thank you to everyone who played hard and represented Oyen Public School in a positive way.

## **Flyin, Bobø Community Circus Day Camp!!**

July 5,6,and 7, 2010

Oyen Cross Roads Center

For Youth ages 9-14

A must see and be event for youth to acquire self esteem by building skills through unique physical activity. At the camp, youth will learn to juggle, unicycle, wire walk, stilts, rola-bola, balance and performance!  
\$100 per camper upon registration

Deadline June 1, 2010

Registration forms available at the FCSS

For more information call 403-664-2255 or email [oyenfcss@telus.net](mailto:oyenfcss@telus.net)

Sponsored by Oyen FCSS, Communities in Action, Big Country Agriculture Society, Oyen Lions Club and Oyen Ministerial Association.

# “AbracaDAZZLE!” Magic Show To Help Raise Money For The New Brigden ECS Association

Canada's outstanding illusionist, JOHN KAPLAN, is bringing his acclaimed “AbracaDAZZLE!” show to **New Brigden, AB on Friday, May 14, 2010.**

The performance will benefit **the New Brigden ECS Association** who is raising funds for the purpose of **sustainability**. The NB ECS is a privately run program, and requires non-government funds to operate. Fundraisers supplement the money awarded to our program by the government for each attending student to ensure expenses are covered and students receive quality programming.

“AbracaDAZZLE!” stars illusionist JOHN KAPLAN, who has been helping school and community organizations raise hundreds of thousands of dollars through his performances across Canada since 1980.

In this dynamic 90-minute stage show, Kaplan makes us believe in a world of fantasy through his original blend of magic and comedy with contemporary music, dance and special effects in this must-see theatrical experience that promises to thrill the whole family.

It's a magical review show for all ages ... incredible illusions are mixed with side-splitting audience participation in a spellbinding program of fun that parents can share with their children and grandparents.

The performance takes place **at the New Brigden Hall on Friday, May 14, 2010 at 7:00 pm. Doors open at 6:00 at which time souvenirs, concession treats, 50-50, prize table and Houdini’s Mystery Trunk prize tickets will be available for purchase.**

Tickets are \$10.00/person and 2 and under are free of charge. There are a number of people you can contact: Kim Wilson (403-664-2676), Sarah Hagens (403-664-2006), Jake Hayworth (403-575-1156), Heather Thornton (403-664-2548) or Andrea Thornton (403-664-1241) for tickets.



**EAGLE BUTTE SUMMER  
DEVELOPMENTAL BASKETBALLCAMP  
August 9 – 13, 2010**

**“Excellence is not a single act, but a habit.”**

**REGISTRATION INFORMATION**

Complete the registration form and return it to your school secretary or mail it  
to:

**Camp Directors  
P.O. Box 281  
1150 Eagle Butte Road  
Eagle Butte High School.  
Dunmore, AB T0J 1A0**

BY PHONE: (403) 528-1996 BY FAX: (403) 528-1997

IN PERSON:  
Contact D. Rozdeba or D. Smith  
At Eagle Butte High School

In order to be considered enrolled; all registrations must be paid in full.  
Registration forms need to be handed in by **May 29, 2010**. Registrations must  
be paid in CASH or CHEQUE made payable to:

**EAGLE BUTTE HIGH SCHOOL**

**The camp will be limited to the first 35 paid  
registrations.**

## **School Spirit Week**

**May 17<sup>th</sup> – 21<sup>st</sup>**

**Monday, May 17<sup>th</sup> – Wacky Hair/Feet Day**

**Tuesday, May 18<sup>th</sup> – Creative Day**

**Wednesday, May 19<sup>th</sup> – Formal Day**

**Thursday, May 20<sup>th</sup> – Sports Day**

**Friday, May 21<sup>st</sup> – Tacky and Bright Day**



## **OPS Bottle Drive**

**May 18<sup>th</sup>**

Please leave bottles on the curb for pick up.

Pick up will begin at 9:00am

If you have bottles to donate and will not be home on this day, please contact the school to make other arrangements.

403-664-3733

## **Hearts for Haiti**

Commencing the end of January of 2010 the Oyen Public school was well on their way to raising awareness and funds to help the children in Haiti. Under the direction of Mrs. Brenda Sanderson and a small group of Junior High students they began organizing presentations to educate the school and the community about the history, culture, living standards, and geographical location of this country. The power point presentation was accompanied by the song “We Are the World”, which tugged at many hearts. This presentation was shown to the staff and students of Oyen Public School, R.C. Assumption School, South Central High School, Parent Council and Prairie Rose School Board. This awareness led to the two schools joining with us to raise funds for this worthwhile project. The students went to public functions such as the Oyen Figure Skating Carnival night, curling bonspiels and hockey games with their information and collected donations. We also had a penny drive during the months of March and April. Bake sales run every week from January until the end of April also added to our donations. As a result of our Hearts for Haiti/from the Children to the Children we were able to raise \$1900.00 This money is being sent to “Edson for Haiti” under the direction of Rhoda Hauk Teeter, (who has adopted two brothers from Haiti and has secured their two sisters) where it will be used to build a new wing on an orphanage also in areas where it is required the most. We would like to thank the students, staff, parents and community members for their generous donations and support whether it was with bake sale items, monetary donations or pennies, the hearts of many have been touched.

A further note after we were finished with our campaign we sent our information outside of our division to Consort School in Consort, Alberta to the grade 4 class. Who studied Haiti through their Social Studies program. The money they raised is being used to buy a solar cooker as well as being sent to Red Cross. Again we felt pride that we could share our information with another school.



**Nicholas Scory**  
 School Safety  
 Patroller of the Month  
 February



**Dylan Berg**  
 School Safety  
 Patroller of the Month  
 March



**Brooke Robertson**  
 School Safety  
 Patroller of the Month  
 April



## Machellø Mirror

Itø five school weeks past the Easter break, weøre into May, and finally starting to get some May-like weather! The 150<sup>th</sup> day of school was last Tuesday, and, yes, we had yet another visit from Decimal Dot and Zero the Hero. After today, there are only 32 days of school, and so much to do!

There is STILL a lot of the original water in our open plastic bottle and graduated cylinder. The cylinder now has 83 mL of the original 125mL that were poured into it. How many mL have evaporated? I am betting that there will still be water in it at the end of the year. Our brown coffee sludge hardened, and it did break up, so with a little effort, we could have made a powder. I donøt think I want to try it as coffee, however.

Our Marvelous Mice theme continues, and with it, the childrenø learning about these creatures. Did you know that groups of mice make a communal toilet? And that mice only live about a year and a half? Our reading of the book, øA Mouse Called Wolfø continues, and Wolfgang Amadeus, along with the lady of the house, has discovered that he can sing with a øpure, true voiceø. He has been rewarded for his singing with chocolates. Mrs. Honeybee has had an accident, and Wolfgang will save the day. The children are getting better at answering comprehension questions with good complete sentences using the words in the questions. Some are planning mouse stories, and others are in the process of writing them.

Here are some more jokes relating to mice:

What kind of horses do mouse cowboys ride? Mousetangs.

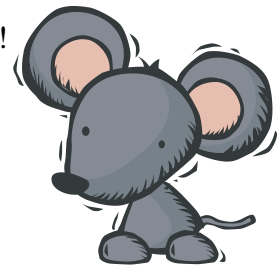
What do hot cats drink in the summer time? Mice tea.

What do cats put in their drinks to keep them cold? Mice cubes.

What do cats use to decorate their birthday cakes? Mice-ing.

What do cats serve at birthday parties? Cake and mice cream.

What goes Snap, Crackle, and Squeak? Mice Krispies.  
Why do mice like to beat the clock? Because the clock struck one!  
How does a mouse disguise himself? With a mousetache.  
What kind of mice bite cats? Mousequitos.  
What happens when ten mice meet a hundred cats? A mouseacre.  
What do cats put in their hot chocolate? Mousemallows.  
How did the mouse lose part of his tail? Cat Nip!  
What do cats put on their hot dogs? Mousetard.  
Why do cats need lot of erasers? Because they're always making mousetakes.



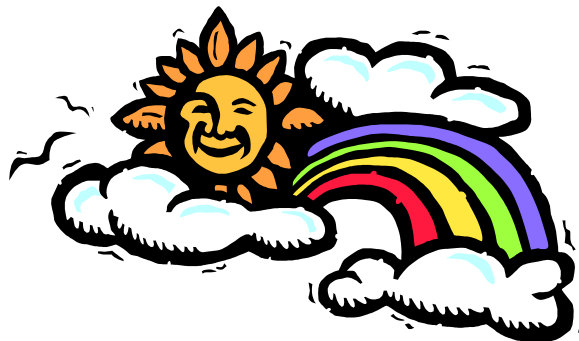
In Math, we continue to work on number facts to twenty and beyond, along with daily work on the calendar and its patterns. We have been practicing finding multiples of ten more and less than a number, as well as 1 and 2 more or less.

Our Student of the Week two weeks ago was Treyle. She brought in a box covered with brown paper, and trimmed with heart ribbon. These pictures or stickers were glued on: baseball players, hearts, designs, flowers, Easter eggs, butterflies, cats, horses, ladybugs, pigs, and farm animals. Her dad drew a picture of a cow on the top. Inside the box, Treyle had her tooth jar where she saves her tooth until she puts in water for the tooth fairy. She also had her angel pin, and her bead dragonfly from her Grandma's funeral and her crystal angel given to her by her Grandma Martin the next day. Other things were a painted cross, some toy cows, a cow puzzle, a toy horse, her birthstone necklace, her money collection, and her pin collection. A lot of interesting things to share!

Last week, Erica was our Student of the Week. She brought in a huge box decorated with her fingerpainting (including her handprints), and horses. Inside her box was a well-used Bun-Bun, which didn't stay at school, because she sleeps with it every night. She included a picture of Jalisa, her favourite cow, and Jalisa's calf, this year's dance certificate, some little glass animals, her Grandpa's cap and his rock collection, a picture of her brother with Jamie Solie, her PEP awards, medals from soccer and dance, pictures of her, her friends and her horse, a picture her brother coloured, the scarecrow she made, and her baby book. This took quite a while to share!

This week, Daniel is our Student of the Week, and the first person to bring in a Pride Kite. Daniel listed these reasons why he is proud to be who he is: "I am a good artist." "I have fun and loving parents." "I am a good citizen." "I am a good reader." "I have a good imagination." And "I am thoughtful and kind." Daniel's kite hangs from the ceiling in our classroom near the door.

Congratulations to Quinell, Tyrell, Charity, Stacie, and Xanel for receiving their Rainbow Award for 125 Personal Effort Points earned. Melissa, Hayden, and Treyle have received their Camo Award for 150 points! Soon we'll need a reward for everyone having received their Rainbow award.





On April 22<sup>nd</sup> Oyen Public School Celebrated **Earth Day**. The students were encouraged to dress in earth colors and bring a garbageless lunch. They watched a movie with an earth-friendly theme, read earth books and planted tree seeds. The elementary choir and grade 4 class put on a musical production entitled *ōWeøve Only Got One Planetō*

**LIQUOR BAN  
MAY LONG WEEKEND AT CYPRESS HILLS  
INTERPROVINCIAL PARK - ALBERTA.**

PLEASE NOTE-a liquor ban will be in effect in all campgrounds at Cypress Hills Interprovincial Park-Alberta from noon on Thursday May 20,2010 until 6:00 pm on Monday May 24, 2010. It is anticipated that this proactive approach will aid in making one of Alberta's most popular parks a safer and more enjoyable place for families to camp on the long weekend. Our Provincial Parks belong to everyone and we all have a role in ensuring they remain protected and accessible for all Albertans to enjoy.

Help us to ensure Cypress Hills continues to be a safe place for everyone to enjoy and appreciate. We hope and expect all park users including youth to act and behave responsibly and be prepared and able to deal with adverse weather and emergencies. We encourage you to discuss the issues with your children.



**Book Club**

Our final book club selections will be books by Robert Munsch. The students will be given a list of Munsch books and are encouraged to read as many of them as they can. Our final activity will be the Munsch Ball and students are encouraged to dress-up as a character from one of the stories. The Munsch Ball will take place on June 3<sup>rd</sup> from 6:00 – 8:00pm. This ball is open to all students in Grades 1-6.

**Achievement Test Schedule 2010**

Friday, May 14	Grade 3 Timed Number Facts
Tuesday, June 15	Grade 3 Language Arts Part A Grade 6 Social Studies
Wednesday, June 16	Grade 6 Language Arts Part B Grade 9 Social Studies
Thursday, June 17	Grade 3 Math Grade 6 Math Part B
Friday, June 18	Grade 6 Science
Wednesday, June 23	Grade 9 Language Arts Part B
Thursday, June 24	Grade 9 Science
Friday, June 25	Grade 9 Math



## May Birthday Wishes

May 4<sup>th</sup> ó Nevada Kowal  
May 7<sup>th</sup> ó Selena Smigelski  
May 8<sup>th</sup> ó Tegan Pearen  
May 8<sup>th</sup> ó Kas Stolz  
May 12 ó Ryley Dziatkewich  
May 14 ó Jasmin Pritchett  
May 16<sup>th</sup> ó Daniel Yanez  
May 19<sup>th</sup> ó Matthew Tucker  
May 19<sup>th</sup> ó Kyla Vyselaar  
May 21<sup>st</sup> ó Xanel Bouwer  
May 21<sup>st</sup> ó Ms. Chmilar  
May 22<sup>nd</sup> ó Bryan Ford  
May 24<sup>th</sup> ó Dylan Muzyka  
May 26<sup>th</sup> ó Tyrese Tanner  
May 27<sup>th</sup> ó Jordyn Lindblad  
May 31<sup>st</sup> ó Struan Heath  
May 31<sup>st</sup> ó Hayden Kulyk  
May 31<sup>st</sup> ó Mrs. Stammers



## Precious Moments Preschool

*Taking registrations for the fall session.*

*Accepting children ages 3 and up.*

*School begins in September  
Please register ASAP to allow planning of classes.*

*Cheryl Getz 403-664-2675*



## Grade 4-9 Track and Field Day Wednesday, May 26<sup>th</sup> At Assumption School



The following items will be available from the cafeteria:

Hamburgers - \$3.00

Cheeseburgers - \$4.00

Double Hamburger - \$4.50

Double Cheeseburger - \$5.00

Hotdog - \$1.00

Chips and Chocolate Bars - \$1.00

Ice Cream Treats - \$.75

Pop and Water - \$1.00

Juice Boxes and Coffee - \$.50



If you are purchasing burgers, You need to pay for them in the gym, receive a tag and come outside to the barbeque to get your burger.

## ECS UPDATE

It is unbelievable that we are at the beginning of the end of the school year!

We will have a busy and exciting day today as we go on our bottle depot tour and also, Tegan Pearen will join us today as part of Take Your Kids to Work Day.

Please ensure that your child has a **water bottle** every day. Please allow your child recuperation time at home if they are sick or have pink eye ó help them and help us keep the others healthy.

The Store, Sand and Restaurant centres are seeing a lot of action.

We are coming to the end of our Phonics Workbooks so the children may work on any of the extra pages. Their agendas have lots of pages that reinforce their learning also.

Please ensure that your child has regular eye exams with an optometrist as I am noticing some are struggling to see the board. We almost have all the recipes in and will be completing our class recipe book soon. Take a look at the hallway by the office and see the awesome job the students did on their puzzle pieces for Social Studies. Thanks very much to our Grade 5 reading buddies for helping us learn some new playground games. Please help your child remember to bring his/her Show-and-Tell for the last couple of weeks ó it is an activity that helps their language development and their self-confidence. Please return Books of the Month the next Kindergarten Day so as many students as possible may enjoy them at home. **Please check and sign agendas every day.**

We are looking forward to being hosts for next year's students next Thursday, May 20<sup>th</sup>.

Mrs. Robertson will send a note home soon about Grade One Orientation.

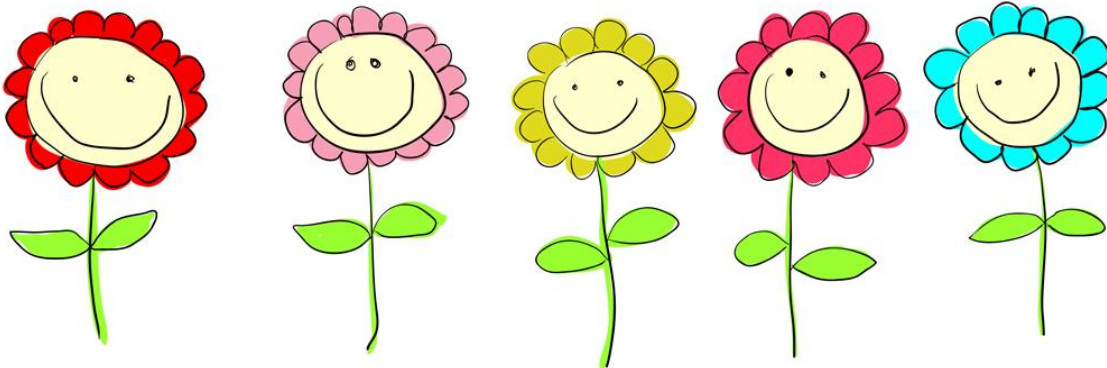
Our Year End Celebration will be Tues. June 15<sup>th</sup> at 7pm ó OPS gym. Please invite family and friends. The students will need a costume for "When I Grow Up" ó

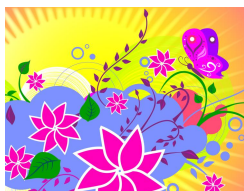
Our year-end field trip will be on Thurs. June 17<sup>th</sup>. We will leave the school at 8:30am to go to Medicine Hat on a school bus ó Safety City and Police Point Park. Students will need a bicycle helmet and a lunch and water bottle. Cost and details to follow. Parents who would like to attend may submit their names for a draw ó there will only be room for a couple of parents.

Thanks to Dave McKinstry for his donation ó we will use it for our field trip. We will also be going on a couple of local field trips during the last school days and hopefully swimming on the last day, parents welcome, details to follow.

Please remember Kindergarten on Monday and Spirit Week next ó Monday ó Wacky Hair and Feet Day/ Tuesday ó Creative Day/ Thursday ó Sports Day

Have an awesome warm week!





# May 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Track Practice: Noon hour and after school.						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Badminton Zones	<b>6</b>	<b>7</b> Hotdog Day	<b>8</b>
<b>9</b>	<b>10</b> School Council Meeting	<b>11</b> <i>Gr. 3 LA</i>	<b>12</b> <i>Gr. 6 LA</i> <i>Gr. 9 LA</i>	<b>13</b> <i>Gr. 6 Math</i> <b>Grade 9</b> Take your kids to work day	<b>14</b> Pizza lunch <i>Gr. 3 Math</i>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> <b>Bottle Drive Pick up</b>	<b>19</b> <b>Bottle Drive Sort</b>	<b>20</b> ECS ½ day Orientation New students	<b>21</b> Hotdog Day	<b>22</b>
<b>23</b>	<b>24</b> <b>Victoria Day Holiday</b>	<b>25</b>	<b>26</b> <b>Acadia Track and Filed Day</b>	<b>27</b> <b>Grade 9 Party Program</b>	<b>28</b> <i>Subway Day</i> Band and 5/6 keyboard trip to Esplanade	<b>29</b> Kaleidoscope of Arts @ Esplanade
<b>30</b>	<b>31</b> Parent Website Workshop					

### June Dates:

June 1 <sup>st</sup>	Grade 4 field trip Stettler Train Ride
June 2 <sup>nd</sup>	Grade 3 field trip Roland School
June 3 <sup>rd</sup>	Book Club Windup
June 5 <sup>th</sup>	Grade 5 field trip Sandhills
June 11 <sup>th</sup>	Grade 9 Farewell
June 11	Gr. 1 and ECS orientation
June 15 <sup>th</sup>	ECS Celebration
June 18 <sup>th</sup>	Kindergarten Graduation
June 18 <sup>th</sup>	Grade 9 field trip Edmonton
June 21 <sup>st</sup>	Grade 7&8 Field Trip Cypress Hills
June 23 <sup>rd</sup>	Grade 1&2 Field Trip Police Point Park



# The Nutrition Times

PREPARED MONTHLY BY LOCAL COMMUNITY DIETITIANS

*It is common for children to be picky eaters but there are some simple tips parents can follow to help encourage healthy eating habits and make mealtimes easier to manage.*

### The Division of Responsibility

Feeding children requires a division of responsibility. A parent's or caregiver's job is to decide **What, When** and **Where** to offer food. The child's job is to decide **Whether** or not to eat and **How Much** to eat. When each does their part, feeding difficulties can be prevented or changed.



#### Parents or caregivers decide What foods to offer.

- ✓ Be a role model and demonstrate healthy food choices yourself. You decide which foods to bring into the house and put on the table.
- ✓ Offer your child a variety of healthy foods from Canada's Food Guide. Think about what your family likes to eat but don't limit the menu to just what they're used to and don't short order cooking (making different meals for everyone).
- ✓ Children like to eat with their fingers and that's perfectly OK. Serve food in a form they can handle themselves.

#### Parents or caregivers decide When to offer food.

- ✓ Children have small tummies and need regular meals and snacks to grow well. This usually means three meals and 2-3 snacks per day. Don't allow panhandling (when kids want to eat constantly through the day); limit food consumption to meal and snack times.
- ✓ Knowing that meals and snacks come at regular times helps your child feel safe about eating and will mean they won't want to keep eating through the day.
- ✓ Offer food and drinks at meal and snack times, but not in between. If your child is thirsty in between, offer water.

#### Parents of caregivers decide Where to offer food.

- ✓ Eat at the dinner table. Children eat best when they sit down to eat. If they are running around while they are eating, it makes a mess and increases the chance of your child choking.
- ✓ Eat with your child at the table. It provides the opportunity to role model healthy eating habits and creates a good atmosphere which makes it easier for your child to eat well.
- ✓ Turn off the TV and put away any toys. Getting rid of distractions will help your child focus on eating.

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

### Children decide Whether or not to eat.

- ✓ Children's appetites change from day to day. Some days they eat a lot; some days they don't eat much. This is normal! Pressuring or trying to force your child to eat does not work and may result in even more food refusal.

### Children decide How Much to eat.

- ✓ Children know when they are hungry and when they are full. It is OK to leave a plate unfinished.
- ✓ Trust that your child knows how much they need. Your child's steady growth is the best way to tell that they are eating enough.

## Tips for Parents

- ✓ Get children involved in making meals. They will be more likely to eat what they helped to make.
- ✓ Offer new foods in small amounts. Understand that it may take 10 – 15 times before your child accepts a new food.
- ✓ Try offering foods in different forms. For example, a whole apple or raw apple slices dipped in yogurt or apples slices baked in the microwave with a little cinnamon and brown sugar.
- ✓ Although you decide what foods will be offered; children can still have choices. You could ask if they want white milk or chocolate milk or a smoothie made with milk, yogurt and fruit.
- ✓ Keep mealtimes pleasant. Focus on enjoying the meal rather than how much food is eaten.
- ✓ Offer foods from all food groups at meals. Your child may not eat from all of the food groups at each meal, but over time it balances out.

If you would like to learn more about how to help your child eat healthy and how to make mealtimes a success, check out the next "Feeding Tiny Tummys" presentation on June 22, 2010. Call Mindy at 403-502-8249 to register.



#### Sources:

Alberta Health Services. *Mealtime Struggles to Mealtime Success*, 2007

Satter, E., (1987). *How to Get Your Kid to Eat... But Not Too Much!* Bull Publishing

Alberta Health and Wellness *Healthy Eating and Active Living for Your 1 to 5 Year Old*, 2008



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