



Promoting Academic Excellence and Personal Growth

Sussex Elementary School Family News

Feb. 27, 2015

<http://susselementary.nbed.nb.ca>

Obesity: 'no silver bullet' but many promising weapons

Rethink regulation and education, researchers recommend

By Erin Obourn, [CBC News](#) Posted: Feb 20, 2015 5:00 AM ET Last 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



Important Dates for your Calendar

March Break	Mar. 2-6th
Young Theatre New Brunswick	Mar. 9th
Parent Teacher Evening & Morning	Mar. 26th and 27th

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Sussex Elementary is a Nut and Peanut FREE School!

School Skating Schedule—Updated AGAIN!!!

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

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 7 (Apr. 20-24) - Grapes

Week 9 (May 4-8) - Apples

Week 11 (May 18-22) - Bananas

Week 13 (June 1-5) - Blueberries

Week 15 (June 15-19) Grapes

Week 2 (March 16-20) - Strawberries

Week 4 (March 30-Apr. 4) - Cucumber

**Week 6 (Apr. 13-17) - Oranges or citrus
type snack**

Week 8 (Apr. 27—May 1) - Any fruit item

Week 10 (May 11-15) - Strawberries

Week 12 (May 25-29) - Cucumber

Week 14 (June 8-12) - Oranges



April 25, 2015 - Ford 4UR Community BBQ and Yard Sale!

For every test-drive, Ford will donate \$20 to Sussex Elementary Home and School.

Tell your Friends and Family!

New Playground for Grades 1 & 2 is being planned!

If you'd like to join our team or think you might want to help at some point. Please contact us on our fb page or via e-mail.

Thinking of Volunteering?

If you or someone you know would like to be on our volunteer list for SES, please contact the school or email seshomandschool@gmail.com

Volunteers help in many ways; Fluoride program, fundraising activities, in the classroom, noon hour clubs and for special events.

Help out as little or as often as you like! It is very rewarding and FUN to help enrich your child's school experience!

SHOW YOUR SCHOOL SPIRIT!

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



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



Sussex Regional Library
Free March Break Programs

March 3rd to March 7th ~ 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



AAA HOCKEY

Bantam Major

Sunday, March 8

2:30 pm

8th Hussars Sport Centre-Sussex

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

Kenn Valley Kings



VS



Fredericton Canadiens

Local boys — CALEB KEAN & ANDREW SECORD!

CHUCK-A-PUCK

50/50

CANTEEN