

Winter 2008 NEWSLETTER

Welcome

We would like to welcome all of our new employees that have joined our staff since the beginning of the school year.

Perfect Attendance



Mrs. Betty Sheehan, cashier at Brockman (3rd from the left) was honored at the November 11th Board Meeting for having 18 years of Perfect Attendance. This continued dedication is something to be proud of and admired.

Martin Luther King, Jr. Celebration and City of Columbia Food Drive

Coretta Scott King said, "One of the great things you can do to celebrate my husband's life is to commit an act of kindness towards others." In the name of service and honor of Martin Luther King Jr. Day, The City of Columbia Parks and Recreation will collect food for the Harvest Hope Food Bank during the month of December. The cashiers in Student Nutrition Services have agreed to spearhead this event for Richland One Schools. We would like to thank each of the administrators, principals, teachers, cashiers, and students for their participation in making this event a success.

A special thanks goes to Ms. Vivian Reed, General Manager of the Two Notch Road Bi-Lo Grocery Store for starting each of our schools out with a canned good.

How Many of You Know Breakfast Is the Most Important Meal of the Day?

Studies show that children who eat breakfast do better in school. It does not take much thought to realize adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip breakfast. Eating a good breakfast sets the tone for the rest of the day.

When you skip breakfast, you are likely to become tired when your brain and body run low on fuel. By mid-morning, you might grab a cup of coffee or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time you are hungry, crabby, and perhaps your mood might make you a little more prone to make unhealthy choices at lunch.

Skipping breakfast is a common strategy for losing weight, but not a smart one. Many people believe that they will lose weight if they skip meals, but that just isn't true; the body expects to be refueled a few times each day -- starting with breakfast.

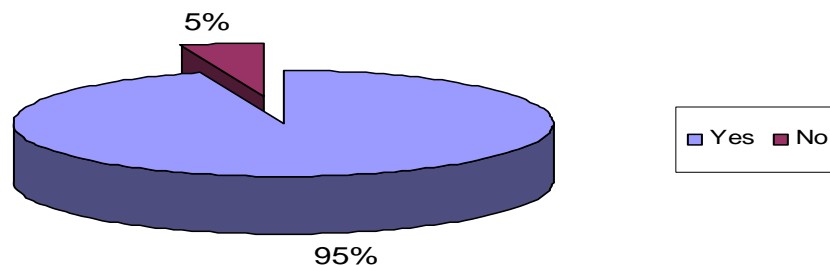
Actually, eating breakfast is good for weight loss. In fact, people who eat breakfast are more likely to maintain a healthy weight.

Recently, Student Nutrition sent surveys to parents concerning the breakfast eating habits of their children. Out of the 12,000 surveys sent home, 16% responded. Please see the results below.

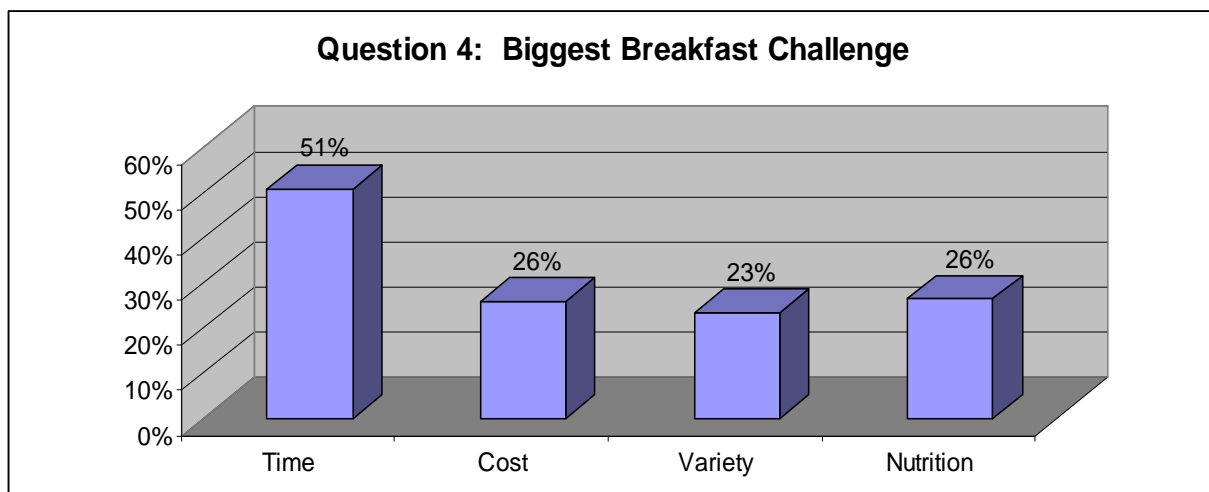
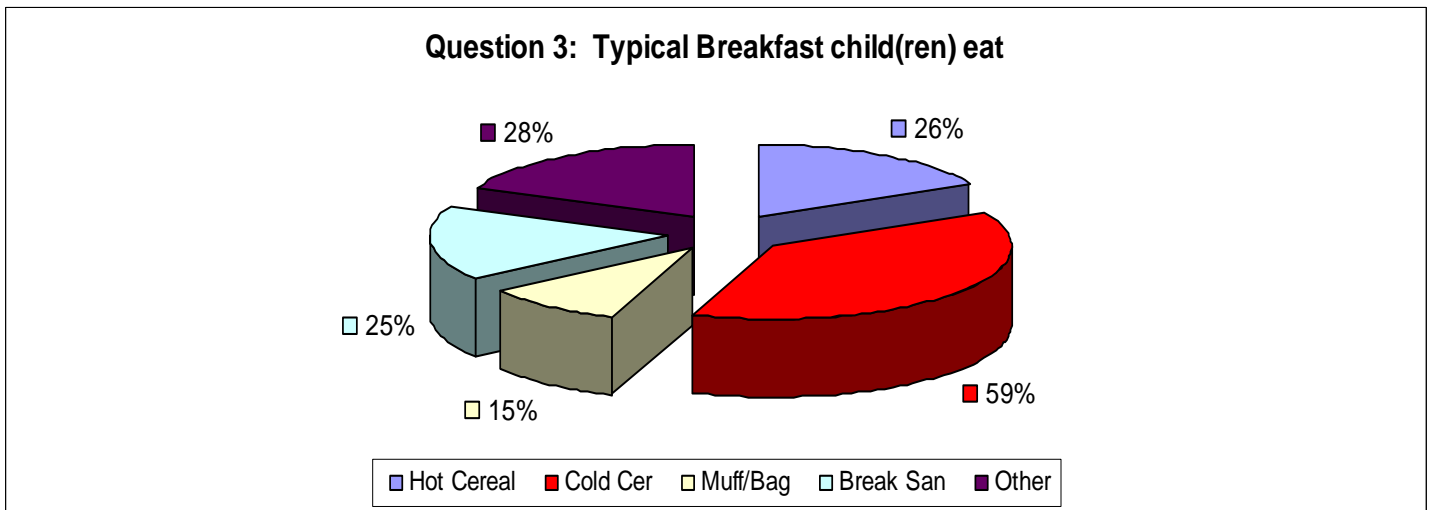
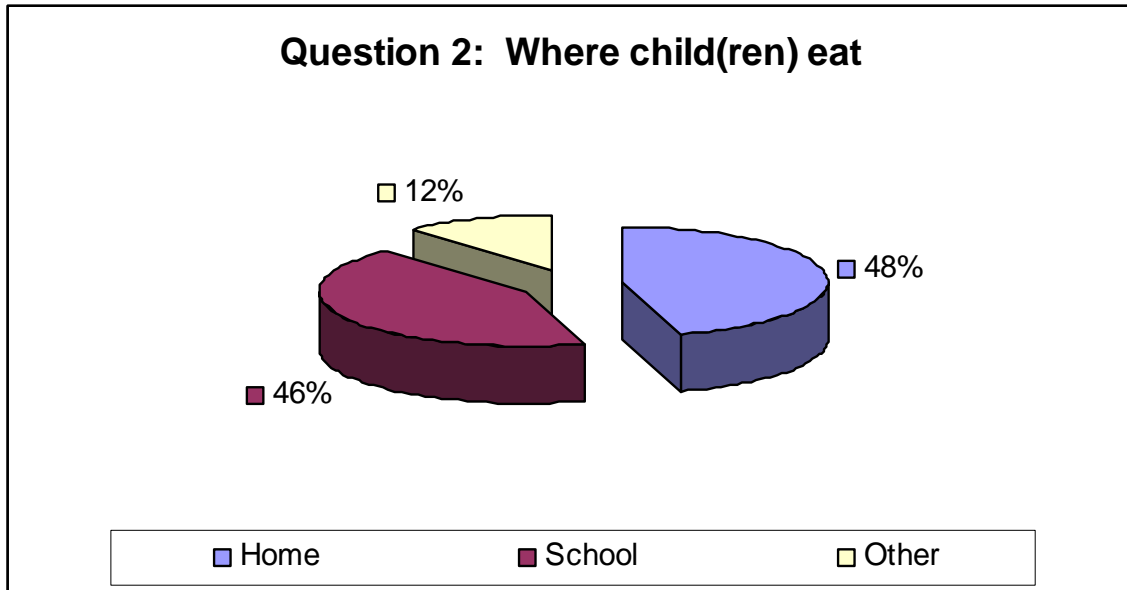
This information will be used to determine the most beneficial program and offerings to increase breakfast participation in our schools.

Richland County School District One Student Nutrition Services Elementary Breakfast Survey Results FY 2008-2009

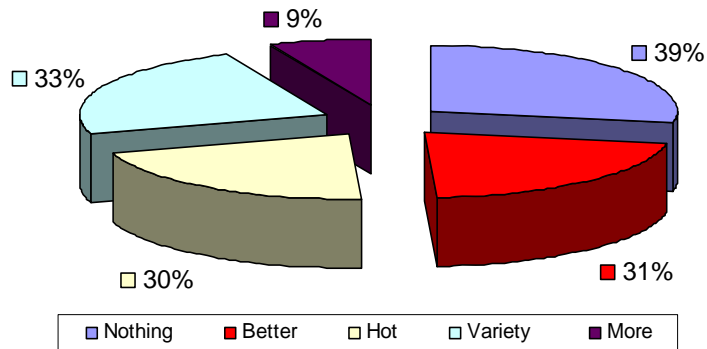
Question 1: Does your child eat breakfast?



For Questions 2-5, survey responses will exceed 100% as respondents were given the option to select all that applied.



Question 5: What would encourage more participation in Breakfast



QCT'S REPORTS

SNS has been fortunate and pleased to have, Rebecca Kelley as a dietetic intern from the Office of Public Health Nutrition. Rebecca completed her six weeks Food Service rotation on November 21, 2008. We wish her well as she completes her journey in becoming a registered dietitian.



National School Lunch Week was October 13-17, 2008 and was delighted with a dramatization by the Eau Claire Drama Club and Mrs. Indira Cureton- Cummings, Drama Instructor. Drama Club students performed a skit in a debate format with a moderator, representation of each candidate and audience of supporters. The theme for this year is "Vote for School Lunch." Students debated their candidacy with a realistic scene with podiums, columns top with American flag balloons, banners and signs being waved by the audience.



Student Nutrition Services celebrated Thanksgiving early with our annual Thanksgiving meal on November 20, 2008. The meal was open to the public at a cost of \$3.00 per adult and any non-Richland One student. The Thanksgiving meal consisted of Turkey with stuffing and gravy, candied yam patty, green beans, cranberry sauce, ambrosia with fresh fruit, whole wheat roll. Responses from our guest and students exceeded expectations.



The Annual Holiday Cookie Sale begins November 24, 2008. Orders can be placed in the school cafeteria beginning Monday November 24 through December 17, 2008. Pick-up of orders will begin December 3 through December 18, 2008. We will feature small gift bags with 2 cookies for \$1.00, 1/2 dozen bags for \$3.00 and a Baker's Dozen (13 cookies) in a reusable decorative tin container for \$7.00.

Tips for Healthy Holiday Eating

By Greta Macaire, R.D.

Community Health Resource Center

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institute of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season.

Ten Tips for Healthy Holiday Eating

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!
8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. Bring your own healthy dish to a holiday gathering.
10. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.
 - Gravy - Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
 - Dressing - Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.

- Turkey – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat.

Congratulations Special Sales Goals

The following schools have met their special sales goals for the following weeks five days out of five.

Week of August 25-August 29, 2008

Alcorn	Keenan	JP Thomas
WG Sanders		

Week of September 1-5, 2008

Alcorn	Gibbes	JP Thomas
WA Perry		

Week of September 8-12, 2008

Alcorn	Bradley	Gibbes
St. Andrews	WG Sanders	

Week of September 15-19, 2008

St. Andrews

Week of September 22-26, 2008

Bradley

Week of October 20-24, 2008

Olympia	St. Andrews	Watkins/Nance
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Week of October 27-31, 2008

Alcorn	Forest Heights	
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Congratulations Top Steppers (Breakfast & Lunch)

The following schools have met their breakfast and lunch goals for the following weeks five days out of five.

Week of August 18-August 22, 2008

Eau Claire

Week of August 25-August 29, 2008

Brennen	Caughman	Eau Claire
Hand	Mill Creek	Olympia

Week of September 1-5, 2008

Brennen
EE Taylor
Olympia
Sandel

Caughman
Lower Richland
Pendergrass Fairwold

Eau Claire
Mill Creek
Pine Grove

Week of September 8-12, 2008

Brennen
EE Taylor
Lower Richland
Olympia
Sandel

Caughman
HB Rhame
Meadowfield
Pendergrass Fairwold

Eau Claire
Logan
Mill Creek
Pine Grove

Week of September 15-19, 2008

Bradley
Eau Claire
HB Rhame
Lower Richland
Olympia
Sandel

Brennen
EE Taylor
Horrell Hill
Meadowfield
Pendergrass Fairwold

Caughman
Hand
Logan
Mill Creek
Pine Grove

Week of September 22-26, 2008

Bradley
Columbia High
Hand
Lower Richland
Olympia
Sandel

Brennen
Eau Claire
HB Rhame
Meadowfield
Pendergrass Fairwold

Caughman
EE Taylor
Logan
Mill Creek
Pine Grove

Week of September 29 – October 3, 2008

Brennen
Eau Claire
HB Rhame
Lower Richland
Olympia
Sandel

Caughman
EE Taylor
Horrell Hill
Meadowfield
Pendergrass Fairwold

Columbia High
Hand
Logan
Mill Creek
Pine Grove

Week of October 6-10, 2008

Bradley
Columbia High
HB Rhame
Lower Richland
Olympia
Sandel

Brennen
Eau Claire
Horrell Hill
Meadowfield
Pendergrass Fairwold

Caughman
EE Taylor
Logan
Mill Creek
Pine Grove

Week of October 13-17, 2008

Bradley
Eau Claire
Horrell Hill
Meadowfield
Pendergrass Fairwold

Caughman
EE Taylor
Logan
Mill Creek
Pine Grove

Columbia High
HB Rhame
Lower Richland
Olympia
Sandel

Week of October 20-24, 2008

Brennen
Eau Claire
Horrell Hill
Meadowfield
Pendergrass Fairwold

Caughman
EE Taylor
Logan
Mill Creek
Pine Grove

Columbia High
HB Rhame
Lower Richland
Olympia
Sandel

Week of October 27-31, 2008

Brennen
Eau Claire
Horrell Hill
Meadowfield
Pendergrass Fairwold

Caughman
EE Taylor
Logan
Mill Creek
Pine Grove

Columbia High
HB Rhame
Lower Richland
Olympia
Sandel

Week of November 3-7, 2008

Brennen
Eau Claire
HB Rhame
Meadowfield
Pendergrass Fairwold

Caughman
EE Taylor
Logan
Mill Creek
Pine Grove

Columbia High
Hand
Lower Richland
Olympia
Sandel

Week of November 10-14, 2008

Bradley
Columbia High
Hand
Logan
Mill Creek

Brennen
Eau Claire
HB Rhame
Lower Richland
Olympia

Caughman
EE Taylor
Keenan
Meadowfield
Pendergrass Fairwold