



SYMMES JUNIOR HIGH SCHOOL D'ARCY MCGEE HIGH SCHOOL

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BREAKFAST FOR LEARNING PROGRAM

To all the parents of students at Symmes Jr. and D'Arcy McGee High School,

My name is Donna Gowling and I am the Co-Chair for the Parent Participatory Organization (PPO) for both schools. The organization's function is to bring together parents, students and faculty while fostering good relationships within the community through different initiatives. In the past we have provided support to students and faculty when needed. We have also embarked on fundraising initiatives which really enabled us to bring the outside community into our school.

When Mr. Michael Reid approached us with his idea for a **Breakfast Program** we felt this fell right in line with the organizations mandate and believe it deserves our support.

Breakfast program

The staff of both schools has noticed over the years an alarming number of students are not eating nearly enough throughout the day. Through discussions with the students, we have learned that many are waking up in the morning, too tired to make and eat breakfast. The staff has also noticed that on top of that, a number of students are not eating lunch as well. For some reason, it is particularly hard to get teenagers to eat on a regular basis at school. It is patently obvious that poor eating habits and poor nutrition have a direct effect on attention span and lowered scholastic performance.

This program is for all students who would like to access it. As mentioned, many students are rushing in the morning and end up not grabbing something to eat before they get out the door. This program allows them to grab something quick and easy after their bus ride once they have developed a bit more of an appetite. Breakfast is the most important meal of the day and now we can ensure that all students have had something to eat before they start their school day.

Recently, Michael Reid, our Physical Education teacher at Symmes applied and was granted a sum of \$3,300 by the Breakfast for Learning Organization, to start a snack program at Symmes. This has expanded to providing a dry breakfast (served in the morning in the cafeteria) consisting of an assortment of fruit, bags of dry Vector cereal,

granola bars, orange juice and occasionally muffins; for the students at both D'Arcy and Symmes. It is completely free.

One of the stipulations for receiving the grant is that the program is free and accessible for all students and that the parents are asked to contribute financially on a voluntary basis. The program has been very successful and we are following up on this obligation by asking for a one time donation that would go directly to the purchase of food for the program.

In order to carry on the program, we would very much appreciate this one time donation. Please contact Corinna Abraham at cabraham@wqsb.qc.ca or call 819-684-7472 if you are supportive and wish to make a financial contribution; it will be of great support to the school and particularly Mr. Reid who conceived of the program and who is contributing his time voluntarily to run the program.

Furthermore, if you are interested in assisting us via a contribution of food directly (Vector cereal, nut free granola bars, zip lock bags and or plastic cups) or through a business or a business associate or contacts, it would be a huge boost to the program.

Yours Truly,
Donna Gowling

CONTACT FOR DONATIONS:

Corinna Abraham cabraham@wqsb.qc.ca (819)684-7472 ext.2130

For further information about the program you can contact Corinna Abraham above or email Michael Reid at mreid@wqsb.qc.ca