

Breakfast Program – September 2022



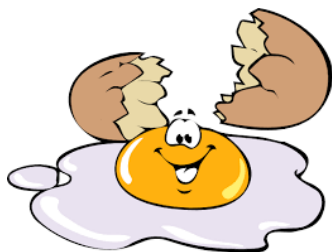
The Provincial Breakfast Program supports, and is supported by, the Food and Nutrition Policy for Nova Scotia Public Schools (2006) and the Nova Scotia [Health Promoting Schools](#) initiative. Together these initiatives help create an environment where students can become engaged learners and healthier Nova Scotians for life.

Breakfast is important for numerous reasons. To learn well, children need to eat well. Studies show that eating breakfast improves school performance, cognitive function, behaviour and classroom mood and atmosphere.

We are in the process of planning a Breakfast Program that includes hot and cold ready to serve items for Atlantic View students in September. There can be a rotating classroom schedule for the prepared meals, that require more time, like smoothies, breakfast wraps, pancakes etc. so that volunteers are not here as long in the mornings.

Let's Get Cracking!

We are looking for volunteers to help make this happen!



Wondering how you can offer support?

- Food preparation, serving and clean-up in the mornings (great if we can have 2 volunteers each day – start time @7:00 am)
- Food preparation throughout the weekdays (cutting up fruit and vegetables, making muffins) when it is convenient for your work schedules.
- Making muffins at home and bringing them to the school to freeze and use when needed.

Name:				
Email:		Telephone		Text
Availability (if you do shift work and your schedule/availability varies please provide details)				
Day	Time			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

I would like to volunteer my time by:

Check all that apply Preparing Serve Clean-Up

In accordance with HRCE's Student Protection Policy, prior to volunteering with the Halifax Regional Centre for Education, all volunteers will provide:

A completed Child Abuse Register - Request for Search Form

A certified and true copy of a Criminal Records Check **with Vulnerable Sector**

Child Abuse Register Search and Criminal Records Check must be issued within the three months preceding volunteering and updated every three years.

Shaunna McNamara has volunteered to Coordinate the program for the 2022-23 school year. If you can assist in any way please contact her shaunnamc@outlook.com or 902-580-0490. You can also contact the office at Atlantic View 902-464-5245.