

L Turn away  
E from sin



# MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>1</b>	<b>2</b> Lenten Liturgy 9:00 am hosted by 5/6R  Girls Bball game at St Paul – 4:00 – 5:00	<b>3</b> Boys Bball game at Ecole St Mary 4:00 – 5:00	<b>4</b> Girls Bball game here vs Children of St Martha 4:00 – 5:00	<b>5</b> Boys Bball game at St Pats Fine Arts 4:00 – 5:00	<b>6</b> 1D & 2/3M 9am Mass  Gr 6 SFJH Orientation 9:30am	<b>7</b>
 <b>8</b>	 <b>9</b> Last day to order Pizza Hut	<b>10</b> Run Club Lenten Liturgy 1:45 pm hosted by 1D  Boys Bball practice 3:30 – 4:30	<b>11</b> Run Club 4C – Galt Museum 9 am – 11 am  Girls Bball practice 3:30 – 4:30  School Council mtg 3:45 – 4:30	 <b>12</b> Science Fair  Boys Bball practice 3:30 – 4:30	<b>13</b> All students – SFJH Frozen Jr performance 9:05 – 11:05 am  Final Basketball Tournament	<b>14</b>
 <b>15</b>	 <b>16</b> Spiritual Development Day 	<b>17</b> Run Club Lenten Liturgy 9:00 am hosted by 2/3M  	<b>18</b> Run Club Pre ordered Pizza Hut lunch 	 <b>19</b> 12:05 pm Mass Assumption church  	<b>20</b>  sent home today David Wells workshops	<b>21</b>
 <b>22</b>	<b>23</b> Lenten Liturgy 1:45 pm hosted by 3T	<b>24</b> Run club	<b>25</b> Run Club Crazy Hair Day  Gr. 5 – Mass in slow motion 11:10am  Holyspirit Board Meeting 6:00 pm	<b>26</b> Parent Teacher interviews 5:00 – 8:00 pm	<b>27</b> 4C & 6N 9:00 am Mass  SciFusion at U of L	<b>28</b> SciFusion at U of L
 <b>29</b>	<b>30</b> Lenten Liturgy 9:00 am hosted by 4C	<b>31</b> Run Club Pasta Lunch 				



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**13**



**15**  
  
Spiritual  
Development Day  


**16**  
Run Club  
Lenten Liturgy  
9:00 am  
hosted by 2/3M  
  


**17** Run Club  
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9:00 am  
hosted by 2/3M  
  


**18** Run Club  
Pre ordered Pizza  
Hut lunch  


**19**  
12:05 pm Mass  
Assumption church  
  


**20**



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U of L



**29**  
**30**  
Lenten Liturgy  
9:00 am  
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**31** Run Club  
Pasta Lunch  

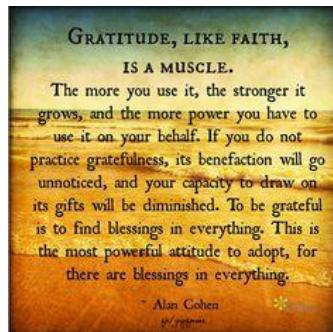
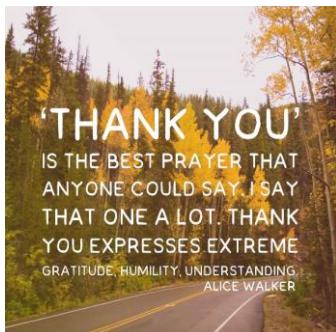

## MARCH 2020 NEWSLETTER

### KOBZA'S KOMMENTS

We started our Lenten journey by going to Mass on Ash Wednesday. We will gather weekly as a community to pray and prepare our hearts for the Easter season. Please come join us in celebrating each week as the schedule is on the calendar. During our wellness day students created their Lenten plan around the three pillars of prayer, fasting and almsgiving. We will be reading Lenten reflections and prayer intentions over the intercom each morning. Anyone can come to the office, write out an intention and put it on the board so that we can offer our intentions to Mary, our patron, to intercede to Jesus on our behalf.

Mary was grateful for all the blessings she was given and the challenges she faced. Being thankful for our lives and the ways that God has blessed us, gives us a new perspective and fills us with joy. Practicing gratitude can also improve health and reduce stress. Even a simple smile and hello to start the day can make a difference in someone's life. Almsgiving involves giving goods or money to the needy or doing extra acts of charity. There are six weeks of Lent and here are six ways you can focus on gratitude and almsgiving:

1. Volunteer at a local charity.
2. Make a point of smiling at people you meet and saying hello.
3. Paints rocks or write notes with kind words on them and give them out to your neighbors.
4. Make up thank you cards and give them out to people you meet during the day.
5. Do something nice for the person behind you in line – buy a coffee, pay for the order, or strike up a conversation.
6. When people are in need, step up and offer assistance.



### MAKING OUR MARK: JOURNEY OF AN INTENTIONAL DISCIPLE

We are in the first year of our Making Our Mark: Journey of an Intentional Disciple three-year plan. The theme for year 1 is Beginning the Journey and the calls to action are being mindful of God's presence in our lives and being prayerful each and every day. For Lent this year we will be doing an act for each of the days that the students are at school over Lent. These acts will challenge the students to demonstrate an: Open Heart, Love Everyone and Act Like Mary, as we continue to strive to learn from the actions of our school saint Mary in her life. These acts will be shared with the students at the start of Lent, and we will be encouraging them to track their acts in order to celebrate all they have accomplished at the end of Lent. Good luck to all the students with this challenge.

Important dates this month are:

- 1 – First Sunday of Lent
- 8 – Second Sunday of Lent
- 15 – Third Sunday of Lent
- 17 – St. Patrick's Day
- 22 – Fourth Sunday of Lent
- 29 – Fifth Sunday of Lent



### LENTEN CELEBRATIONS

As we begin our Lenten season please join us for one or all of our Liturgies:

- Monday, Mar 2 – hosted by 5/6R - 9:00 am
- Tuesday, Mar 10 – hosted by 1D - 1:45 pm
- Tuesday, Mar 17 – hosted by 2/3M - 9:00 am
- Monday, Mar 23 – hosted by 3T - 1:45 pm
- Monday, Mar 30 – hosted by 4C - 9:00 am

# LENT CHALLENGE CALENDAR

Theme	Monday	Tuesday	Wednesday	Thursday	Friday
Respect Others  <b>(Open Heart)</b>  First Week of Lent	Say thank you to five different people today	Say hello or good morning to one of the office staff while giving them a big smile	Hold the door open for those behind you	Write a thank you note to your teacher, coach, or someone who has influenced you in a positive way	Smile when you make eye contact with someone
Kindness  <b>(Open Heart)</b>  Second Week of Lent	<i>Bonus Task for week</i>  <i>Give someone a compliment today</i>	Ask someone you don't normally visit with how their day has been	Help somebody who is struggling with their work or ask someone new to be your partner	Write a positive sticky note or texts to a close friend telling them thank you for their friendship	Teach a friend something new
Taking Care of your Environment  <b>(Love Everyone)</b>  Third Week of Lent	<i>Bonus Task for week</i>  <i>Tidy up the classroom before leaving for break or day</i>	Take a couple of minutes during recess and pick up any garbage you see	Pick up a piece of litter and put it in the garbage	Help clean someone's desk and help them recycle	Tidy up the classroom before leaving for break or day ( <i>this one is so nice let's do it twice</i> )
Including Others  <b>(Love Everyone)</b>  Fourth Week of Lent	Leave a nice note or text for a friend	Eat lunch with someone new today	Include all those around you in your conversations	Give a high five to a student from another class in the hallway	Invite someone new to join your group during lunch or a task
Responsibility  <b>(Act Like Mary)</b>  Fifth Week of Lent	Be a leader by offering to play with somebody younger/older than you	If you finish a task early, work on a new task without being a distraction to others	Encourage your friends to Stop, Talk and Walk if there is a problem on the playground	When walking as a class in the hallway do so without visiting with your friends	Fill out your agenda without being prompted by your teacher

## **SHROVE TUESDAY**

We would like to thank the Knights of Columbus for helping to make our Shrove Tuesday Pancake Meal a huge success. They cooked all the pancakes and sausages which all students enjoyed. Also, thanks to RockPort Hutterite Colony for the donation of pancake flour.

## **RUN CLUB**

Assumption Running Club will be starting on Tuesday, March 10. Information, training times, and permission forms will be sent home. Please note that you do not have to participate in the Runner's Soul Marathon to join our club. All levels – from walkers to runners – are welcome! Your support in encouraging our students to live a healthy lifestyle is always appreciated.

## **PARENT- TEACHER INTERVIEWS**

Our parent-teacher-student interviews will take place the evening of March 26 from 5:00 – 8:00 pm. To book an appointment time, please either phone (403.327.5028) or stop by the office. Office hours are 8:00 am to 4:00 pm Monday through Thursday and 8:00 am to 2:30 pm on Friday. You may also email us at [ellertk@holyspirit.ab.ca](mailto:ellertk@holyspirit.ab.ca) to schedule a time.



## **SCHOOL COUNCIL NEWS**

Thank-you to everyone who attended our February meeting. Our next School Council meeting will be held after school on **Wednesday March 11th @ 3:45pm**. We will be meeting in the Music Room upstairs. Free babysitting will be provided. We hope to see you there. Please feel free to contact me with any questions, concerns or input for the next meeting. [michelle.dormer@hotmail.ca](mailto:michelle.dormer@hotmail.ca)

## **COLIBRI FUNDRAISER**

begins Tuesday March 3<sup>rd</sup> to Monday March 16<sup>th</sup>!  
We're excited to raise money for our school!

Save the planet and earn money for your school!

[Click here to order now](#)

You will love our Canadian made products.

Brighten up your lunch while reducing single use plastics!



1. Add products to your cart
2. Select your school at checkout
3. All orders will be shipped to the school

\*\*Last day to place an order is March 16\*\*

All proceeds will go towards school activities such as:  
School presentations, Welcome Back BBQ, Sports Day,  
Year-end swimming, etc.

## **REGISTRATION UPDATES**

As we are moving to an online registration system, we will be ensuring that each child's family has access to a "Parent Portal" account in PowerSchool; our student information system. To assist with this transition, we will be manually creating accounts for the primary contact of each child in our schools.

*If you do not already have a PowerSchool Parent Portal Account, you can expect to receive an email from [powerschoolhelp@holyspirit.ab.ca](mailto:powerschoolhelp@holyspirit.ab.ca) letting you know that changes have been made to your account.*

**To access your new PowerSchool Parent Portal Account after it has been set up:**

- Go to your child's school website, or the division website at <https://www.holyspirit.ab.ca>.
- Click on the PowerSchool icon button on the top right corner of the website:
- Your username will be the same as the email prefix that you have provided to the school.
- E.g. If your email is [JohnDoe@gmail.com](mailto:JohnDoe@gmail.com), your username will be **JohnDoe**. Please note that usernames are case sensitive.
- The initial password for your account will be **Changeme123!** You will be prompted to change this after your first log in.

Over the next few weeks, you can expect to receive another email asking you to submit a Registration Update Form for your child. This form will allow you to review and update the information currently on file for your child to ensure that it is accurate. You will also be asked to renew any legal declarations and update preferences/consents, as per Alberta Education regulations.

**To complete your child's Registration Update:**

1. Log in to your PowerSchool Parent Portal.
2. Click on the **School Engage** link on the bottom left corner:
3. Verify and update your information on the form. Save and submit.

## **SAVE THE DATE!**

Comin' Alive Camp 2020 at All Saints Parish Lethbridge will be running Tuesday, July 7 to Friday, July 10 this year. More information to come next month!

## WELCOME

Oki my name is Sakosiipisttoi (Last Owl), my English name is Kristen Shade and I am a member of the Kainai Blood Reserve. I am a mother of three beautiful children who I cherish with all of my heart and wife to my husband Kyle Shade. Since the wonderful experience of being a mother, I have learned to understand, empathize, and have a huge heart for children. Some individual qualities that I have are; being friendly, outgoing, compassionate, empathetic, reliable, and a very good listener. My passion of wanting to become an FNMI support worker came at an early age even before becoming a mother, I had a grandmother who was an elementary school counsellor who loved helping and educating children before she passed away, so I strongly feel that I got that trait passed on to me. I have completed my first year of teaching within the education program at the University of Lethbridge which gave me such a wonderful insight of what I could expect from being an elementary FNMI support worker. I got the privilege to work with countless students that I have passed on my teaching knowledge to, and most importantly they taught me to personally grow as an educator. I also have an ambition for business and a couple of years ago I received a bachelor's degree in Management from the University of Lethbridge, which has given me great insights and practical knowledge of the business world. I'm so grateful of having had the opportunity to obtain a business education, but I think ever since I have had the opportunity of gaining practical teaching knowledge, my real heart is truly focused on being an educator and wanting to encourage academics and knowledge to the youth of our community. My focus of being an FNMI Support worker is to be able to teach the knowledge of my Blackfoot culture and heritage, as well as having the ability to pass on the 11 Values of Kiipaitapiyisinnoni. My goal as a FNMI Support worker is to be a positive role model/educator so that my students can say "she was my favorite teacher who taught me lots, helped me grow, and helped me see the true kindness in this world". I understand that there is no such thing as being a perfect teacher and that sometimes your lessons may not go as planned, but by being able to be there and getting to know my students, and giving equitable treatment to each student I can make a big difference in a child's life.



## COUNSELLORS CORNER

Hey there! Miss. S coming at you with this month's counselling topic. We hear it used often, but do we really know what self-esteem is? What about self-concept? Building self-esteem and confidence is important for child and teen development. It helps them become more emotionally resilient and cope better with stress and life challenges. The best way to help our kids develop confidence and self-esteem is to understand what it is! Self-concept is simply what we think about ourselves and our abilities in areas not limited to academics, sports, social skills etc. Self-esteem develops alongside self-concept. Self-esteem can range from high to low and it is how we feel about ourselves and our personal characteristics. Self-esteem is greatly influenced by the evaluation we make of the different characteristics we include in our self-concept. So if we think we are successful in an area like athletics, and feel that we are, and like this about ourselves, we have a high self-concept and high self-esteem about our athleticism. However, if we don't think we are very athletic, even if our skills demonstrate that we are, we might not feel very confident about our athleticism. Do you see where this gets a little sticky? The way we can help our kids develop self-esteem and a positive self-concept is through making them feel good and valued; providing opportunities for them to feel safe and happy; showing interest in topics and activities that interest them; and not labeling them for their behaviour, rather addressing the behaviour as wrong or bad, but not that they are bad kids. Make your kids feel competent by providing opportunities to experience success, provide praise for progress and achievements, enroll them in a new activity to develop their skill set. Provide your kids with age appropriate tasks and opportunities to make choices on activities to foster their independence. Explain to your kids how the real world works, how everyone has a range of emotions, strengths and weaknesses, that people make mistakes; including mom and dad, and how to learn from their mistakes. Help them understand how to catch and reframe negative thinking and self-talk that leads to low self-esteem. Walk your kids through how to problem solve and how to ask someone to stop treating them a certain way. Last but not least, help them develop time management and priority setting skills. While these might seem obvious to some, I would like to express how hard it is to be perfect at all of this all the time, and that the expectation isn't to be perfect, it is to work alongside your kids in developing a positive self-concept together because this is a continuous journey for both parents and kids alike. Here is a link to some awesome ideas and games to engage in self-esteem development for you and your kids.

<https://veryspecialtales.com/self-esteem-activities-for-kids/>

Good luck and all the best on your journey! I'm always here to help if you have any questions ☺

Warm regards,

Miss S.



# Lent 2020

All Saints Parish, Lethbridge

[www.all saints lethbridge.org](http://www.all saints lethbridge.org)



## Mass of Chrism

Monday, April 6,  
7:30 p.m. at St. Mary's Cathedral,  
Calgary

During the Chrism Mass, the Bishop blesses the Oil of Catechumens, the Oil of the Sick, and the Oil of Chrism.

The priests of the diocese concelebrate this Mass to manifest their unity with the Bishop and all renew their priestly vows.

All are welcome to this celebration.

## Blessing of Easter Foods

Saturday, April 11  
10:00 a.m. at St. Basil's Church

The whole family can be involved with decorating a basket and helping fill it with Easter foods. It can contain meat, boiled eggs, bread, and other foods.

Bring your basket to the blessing on Saturday then take it home for your Easter Sunday feast.

Visit our website for more information on the tradition and symbolic foods.

## Ash Wednesday Masses

12:05 p.m. St. Basil's  
with St. Paul School



12:05 p.m. Assumption  
with Assumption School

5:30 p.m. St. Basil's

7:00 p.m. Assumption

## Eucharistic Adoration

During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist.

There will be 12 hour Eucharistic Adoration every Friday in Lent. It will begin after 9:00 a.m. Mass at Assumption Church and close with Benediction at 9:00 p.m. Please pray for strengthening of marriage and family life.

**The Triduum, including Easter Sunday, will be celebrated at Catholic Central East.**

Please use the Vassey Hall entrance on 5th Avenue S.

## Holy Thursday

The anniversary of the Last Supper, at which Christ instituted the Eucharist, the Mass, and the priesthood.

April 9 at 7:00 p.m.

## Good Friday

The celebration of the Lord's Passion.  
We venerate the cross as it is the instrument of our salvation.

April 10 at 3:00 p.m.

## Holy Saturday

The Church waits at the Lord's tomb, meditating on his suffering and death. The vigil begins the Easter celebration.

April 11 at 9:30 p.m.

## Easter Sunday

Mass at Dawn - 7:30 a.m.  
at St. Basil's

Easter Sunday - 9:00 a.m. & 11:00 a.m. at Catholic Central

### **Stations of the Cross**

Every Friday during Lent

3:00 p.m. at St. Basil's, and

7:00 p.m. at Assumption,

a solemn reflection during Eucharistic Adoration.



### **Soup Suppers**

Every Friday in Lent, except March 13.

A simple meal of soup, buns and cheese will be served in Assumption hall at 6:00 p.m. prior to Stations of the Cross in the church. There is no charge for this meal but donations are appreciated.

### **Ecumenical Lenten Lunches**

Everyone is invited and encouraged to attend the Lenten Soup and Devotionals. All lunches begin at noon.



February 27th - St. Augustine's Anglican Church

March 5th - St. Andrew's Presbyterian Church

March 12th - Lethbridge Mennonite Church

March 19th - Southminster United Church

March 26th - All Saints Parish held at St. Basil's Church

April 2nd - Christ Trinity Lutheran and Good Shepherd Lutheran at Christ Trinity

### **Special Collections**

#### **Holy Thursday - For the Poor**

"The procession of gifts should include gifts for the poor." This year the collection from Holy Thursday will be shared between the Lethbridge Soup Kitchen and the Canadian Catholic Organization for Development & Peace.



#### **Good Friday - Needs of the Church in the Holy Land.**

According to Pope Paul VI, the collection was created "not only for the Holy Places but above all for those pastoral, charitable, educational, and social works which the Church supports in the Holy Land for the welfare of their Christian brethren and of the local communities."



## **PASSION REENACTMENT**

The Passion and death of Jesus was the greatest expression of His love for us. Join us in prayer as a group of All Saints parishioners reenact Our Lord's final hours.

Two Passion Reenactments will be presented at Assumption Church:

Palm Sunday, April 5 at 2:00 pm

Holy Week Monday, April 6 at 7:00 pm

## **A LENTEN REFLECTION: ENTERTAINING ANGELS**

A presentation by Fr. Kevin

March 22 & 29

2:00 - 3:30 p.m. at Assumption hall



### **Penitential Services**

March 5th	7:00 pm	St. Joseph, Vauxhall
March 7th	10:00 am	All Saints @ Assumption
March 11th	7:00 pm	St. Catherine, Picture Butte
March 18th	7:00 pm	St. Martha's
March 26th	7:00 pm	St. Peters, Milk River
March 27th	7:00 pm	St. Ambrose, Coaldale
April 1st	7:00 pm	St. Augustine, Taber

### **All Saints Reconciliation Times**

Saturday 3:30 - 4:30 p.m. at Assumption Church

Sunday 4:30 - 5:30 p.m. at Assumption Church

Tuesday 6:00 - 6:30 p.m. at St. Basil's Church

Thursday 11:00 - 11:30 a.m. at Assumption Church

**Through Lent we will also have reconciliation during Eucharistic Adoration. 10:00 a.m. until noon at Assumption Church.**

**Divine Mercy Sunday service April 19th at St. Augustine's in Taber. Confessions from 2 till 3, Chaplet at 3:00 followed by Benediction**

### **Fasting & Abstinence**

Ash Wednesday & Good Friday are universal days of fasting, and abstinence from meat. We are encouraged to abstain from meat on all Fridays during the Lenten season. We are also encouraged to choose a day each week during Lent that we would practice fasting. Eat less pray more.





# FREE WORKSHOPS

Session 1 – 3:00pm to 5:00pm  
“He went away sad!”

Understanding and responding  
to the disaffection of young people  
with the church.

You are welcome to attend one or both workshops.

Session 2 – 7:00pm to 9:00pm  
“Wonderfully Complicated Lives”  
Ministry to Families and Parents.

**Friday, March 20**  
**St. Francis Junior High**  
333 - 18th Street S. (Gym)

## Guest Speaker: David Wells

Author and entertaining Catholic speaker,  
David has travelled the globe inspiring thousands. His focus is  
helping people work through “life” issues with inspiration,  
relatability and a healthy dose of wit. You will leave his sessions  
feeling refreshed, engaged and above all,  
with a new perspective on life.



Holy Spirit Roman Catholic Separate School Division  
Phone: 403.327.9555  
[www.holyspirit.ab.ca](http://www.holyspirit.ab.ca)



# Healthy Children

March 2020 Parent Newsletter

## Self-management

### Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say. "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adapted from [www.parenttoolkit.com](http://www.parenttoolkit.com))

## Articles

Self-management

Role Modeling a Healthy Relationship with Food

### Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.

# Healthy Children

March 2020 Parent Newsletter

## Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: [www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf](http://www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf)
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
  - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
- **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.



**Do you want to know more about helping children to develop healthy habits and positive body image? Visit Raising Our Healthy Kids: <https://vimeo.com/160413076>**