

ABOUT OUR SCHOOL

The Community of Stavely believes that all youth have the potential to become responsible global citizens who will contribute towards making our world a great place to live. Our school acknowledges the importance of the development of the whole child though:

- Strong academic programming
- Character development
- Creative self-expression and the promotion of healthy living.

We know that 21st century learners need to be self-directed, creative problem solvers and critical thinkers.

We want to create a school of 21st century learners.

Mission Statement

Together, with the community, we strive to provide students a safe, positive, and caring environment to support individual life-long learning.



Stavely Elementary School
Box 339

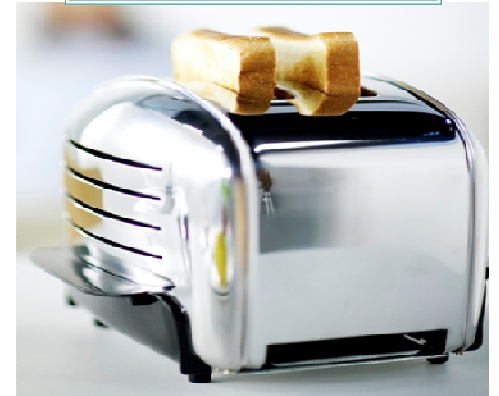
Stavely, AB T0L 1Z0

Phone: 403.549.3757

Fax: 403.549.2396

www.lrsd.ab.ca/school/stavely

BREAKFAST PROGRAM



STAVELY
Elementary
SCHOOL



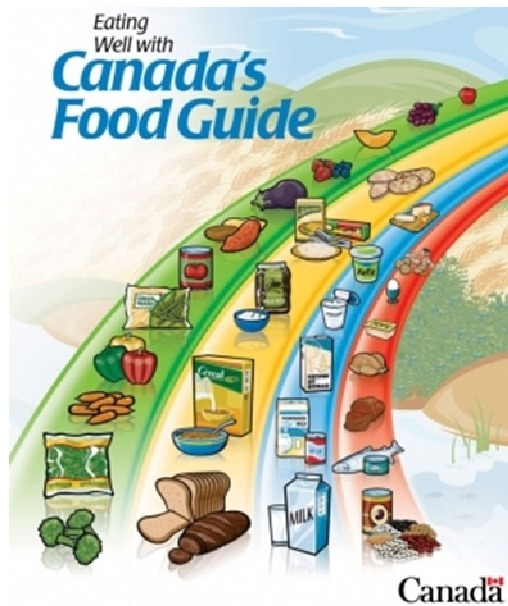
"Where every child shines"

HEALTHY BREAKFAST, HEALTHY MINDS


The Breakfast Program provides a healthy breakfast for all students at Stavelly Elementary School. Available at the school kitchen from 8:15 to 8:30 am to the start of the school day.



The Breakfast Program is primarily supported through a grant made possible by the Primary Care Network, as well as parent, service club and local business donations.



What is One Food Guide Serving? Look at the examples below.

 Fresh, frozen or canned vegetables 125 mL (½ cup)	 Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)	 Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)	 100% Juice 125 mL (½ cup)		
 Bread 1 slice (35 g)	 Bagel ½ bagel (45 g)	 Flat breads ½ pita or ½ tortilla (35 g)	 Cooked rice, bulgur or quinoa 125 mL (½ cup)	 Cereal Cold: 30 g Hot: 175 mL (¾ cup)	 Cooked pasta or couscous 125 mL (½ cup)
 Milk or powdered milk (reconstituted) 250 mL (1 cup)	 Canned milk (evaporated) 125 mL (½ cup)	 Fortified soy beverage 250 mL (1 cup)	 Yogurt 175 g (¾ cup)	 Kefir 175 g (¾ cup)	 Cheese 50 g (1 ½ oz)
 Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz) / 125 mL (½ cup)	 Cooked legumes 175 mL (¾ cup)	 Tofu 150 g or 175 mL (¾ cup)	 Eggs 2 eggs	 Peanut or nut butters 20 mL (2 Tbsp)	 Shelled nuts and seeds 60 mL (¼ cup)