

PONNS Recap- From meeting Oct. 19

Thank you Jen for the healthy snacks!!

1. Guest Speaker

Suzanne Davis NCH dietician and fitness instructor, mom of 2.

17% of children 2-19 are obese; this number has tripled since 1980.

Build healthy lifestyles starting early.

- Send kids to school with what you want them to eat.
- Serving sizes are important.
- Finding calories for kids will be in packet and in choose my plate.gov
- Hi fructose corn syrup is added calories without added nutrition. Look for it in your everyday foods and avoid it.
- Hydrogenated oils are worse for you than cholesterol. Read labels and look for alternatives. ie Ritz crackers have hydrogenated oils, Late July crackers do not. Fig Newtons have hydrogenated oils, Newman's Own Fig Newmans do not.

Resources:

Handouts from Suzanne will be scanned and uploaded and available on the Nantucket New School website under the PONNS section.

- Google BMI calculator for teens and kids on line.
- New pyramid formed by government-
- My pyramid.gov
- choosemyplate.gov
- Use apps for your smart phone like fooducate, and the EWG's dirty dozen when shopping for your family

2. Harvest Bash

- We need help to paint a backdrop for Madi Gras. We are asking for help Thursday, Oct. 28 4-6pm and Friday, Oct. 29 after school and Sunday, Oct. 30 2pm-on. Please meet us in the school if you can help.

3. Community Service

- If you are able to help with outreach or assistance with volunteering please let Chris Getoor, Jen, or Sunny know. We are looking for a couple of parents to help.
- Sat. Nov. 15 community service project. Look for an email from Chris with details.

4. Volunteerism-

We really need your help! Please look for an email from your room parents regarding help on the playground.

5. Reminders:

- Please go to (www.stopandshop.com/aplus)to earn points and money for our school.
- Box tops for education. (www.boxtops4education.com)
Please save these tops and deposit them in the front lobby to help us raise funds for our school. Login on the box tops site and see how else you can earn cash for the school
Labels for education – visit the website to learn how to help

Save the dates:

1. Rachel Simmons DVD

Thursday Oct. 27 at 6pm in Strong Wings

2. Book club and discussion group.

Join us, even if you haven't read the books:

Tuesday Nov. 26 at 6pm

The Curse of the Good Girl by Rachel Simmons

Wild Things, The Art of Nurturing Boys by Stephen James and David Thomas

Our next **PONNS meeting is Nov 17 at 8:15am**, we hope to see you then!