

## Fruit Kabobs and Healthy Eating a Huge Hit!

Students, parents and staff at Ian Baillie Primary School gathered on June 13, 2012 to celebrate the accomplishments of the Grade 3 students. These students will be “moving on” to St. Andrews Elementary in the fall so this was “their night”. The event was filled with lots of excitement but a huge hit was the very attractive display of fruit kabobs and watermelon basket filled to the brim with fruit as well as the healthy choices served at the banquet. Mrs. Beth McCarthy, principal of the school, the staff and parents have embraced the wellness message and it is fast becoming a part of the school culture.

According to Mrs. McCarthy “we could have made twice as many kabobs because they were so popular.” The parents and students LOVED the meal which consisted of salad, lasagna, chicken wraps, whole wheat rolls, chili and pizza. Many positive responses were heard by staff who couldn’t believe how popular these healthy choices were. Mrs. McCarthy’s comment following the event was, “I think they liked the healthy choices much more than the fried chicken we served in the past. It was a lot more work but worth it!!! There wasn’t a piece of fruit left over not even a piece in the watermelon basket.” Congratulations and special thanks to all who made this possible for the students and parents of Ian Baillie Primary School.