

Nutritious Meals a Favourite for St Michael's Primary Students



Caption 1

Grade 3 students at St. Michael's Primary review the fruits and vegetables displayed on the Scotiabank's Nutrition for Learning poster along with Scotiabank Volunteer Nicola Warren (right) during the Teachers Day activities at the school. Nicola and other volunteers across the island relieved teachers of their classroom responsibilities and educated the students on the importance of eating properly.

Caption 2

St. Michael's Primary student, Donovan Wilson, leads the reading of the Scotiabank Nutrition for Learning flyers during Teachers day activities at his school. Approximately 100 Scotiabanker's relieved teachers of their classes at schools across the island, and educated the students on the benefits of proper nutrition through the Banks' Nutrition for Learning programme. Here Scotia Volunteer Maxanne Clark observes as Donovan reads.

Caption 3

Students check out the Scotiabank Nutrition for Learning Programme poster on display in the cafeteria at St. Michaels Primary.

Caption 4

Jacqui Tyson(left), Jacqui Tyson Catering presents Juliet Campbell McPherson (right), principal of St. Michael's Primary School with stainless steel pan during the training of canteen staff held recently at Hope Gardens. Sharing the moment are some of the participants in the session.

May 9, 2018: In recent weeks, students attending St Michael's Primary School in central Kingston have been leaving no leftovers from their lunch, following the introduction of new and nutritious ways to prepare meals at the canteen.

"In the past, the grade one students would leave food, but now they eat up. The canteen is now selling off all its lunches," reports principal Juliet Campbell-McPherson.

She reveals that the school has a new cook, who has been putting into practice the meal preparation tips recently learned at a training workshop hosted by Scotiabank for the canteen staff at St Michael's Primary.

"We now cook with less oil; we use blended natural seasoning, rather than the powdered stuff and we serve more vegetables," the principal notes, adding that the children find the food more attractive the way it is presently being prepared. "We have stopped selling sodas and we will soon phase out bag drinks," she states.

In addition to the recent training of the canteen staff, Scotiabank sent staff volunteers to St Michael's Primary on Teachers' Day (May 9) to share information about proper nutrition with students. The volunteers guided students from grades three, five and six through the 'Top 10

Reasons to Eat MORE Fruits & Vegetables' poster prepared by Scotiabank for use in its Nutrition for Schools programme.

St Michael's Primary is among some 34 primary schools across the island that benefit from the programme. The recently expanded programme, now in its 18th year, is intended to bring nutrition in children to the forefront, to improve educational outcomes such as attendance and academic performance as well as introduce healthy eating to children at the early childhood and primary levels. Over 13,000 children are expected to be impacted through this initiative. One of the primary areas of focus is on serving nutritious meals in schools through training of staff involved in planning and preparing meals; engaging students and parents as well as other components.

The St Michael's Primary principal is confident that the Scotiabank-sponsored nutrition programme, now in its third year at the institution, has been contributing to the students' ability to learn. She points to the school's improvement in literacy from a low of 29 per cent five-to six years ago, to currently 82 per cent. The school's Grade Six Achievement Test results, she notes, also have been improving.