



MoosLetter

Coordinator's Comments

Summer is almost here and the School Milk Program is winding down for another year! We'd like to take this opportunity to say "thanks-a-latté" for making the program available to your students. The success of your school's Milk Program is directly related to the time and energy you put into making it fun and exciting for your students. The School Milk Program is a great way to help students receive the nutrition they need to succeed. As we look towards creating healthier school environments, you can all know that having a School Milk Program is one easy and important way to help achieve that goal.

A token of our appreciation for all of the work you do in your school is enclosed. Have a great summer and don't forget to join us in the fall!

MOO-chos GRASS-ious!

Sarah Cahill, RD
School Milk Program Coordinator

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Cowtents

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Contact Us

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Program Evaluation

Your feedback is important!

A year-end evaluation is now available on-line at www.milk.mb.ca/school. By completing your evaluation on-line you are helping us to make the School Milk Program more efficient. If you are unable to access the internet, an evaluation has been enclosed along with a postage paid envelope. Please take a few moments to share your thoughts with us.

It's Registration Renewal Time!

To renew your school's participation, refer to the registration brochure for the 2010–2011 School Milk Program included in this package. Follow the simple step-by-step instructions on "How to register your school..." New this year is on-line registration.

On-line registration provides you with a quick, convenient, and instantaneous way to register your school for the Milk Program. In previous years have you ever wondered if your registration card made it to our office in the mail? On-line registration ensures your registration has indeed "made it" – it will tell you we have received your registration immediately following your submission!! It's moo-raculous!

Visit the School Milk website at www.milk.mb.ca/school to register starting **May 28, 2010**. If you do not have internet access, please complete the information required on the registration card in the brochure and send it in. The postage is already paid.

Remember, even if you have been on the program for many years, you need to renew your registration annually. The Elementary School Milk Program begins October 4, 2010 and the JR/SR High School Milk Program begins October 18, 2010.



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Manitoba Milk Carton Bird Feeder

Recycle a milk carton and make new feathered friends with this creative craft.

What you'll need:

- Empty 1 L cardboard milk carton
- Scissors
- String or pipe cleaner
- Hole punch
- Bird seed

How to make it:

1. Cut a hole in the milk carton – it should be big enough so a bird could come and sit and eat the feed, but not too big or the carton will become unstable (see photo).
2. Cut a hole using the hole punch in the top of the milk carton and put a string or pipe cleaner through the hole.
3. Tie a knot in the string or twist the pipe cleaner.
4. Fill the carton with bird seed until it reaches the top of the hole (see photo).
5. Hang the carton on a tree branch and watch the birds enjoy their snack!



Milk Moovers of the Year!

Each year “Milk Moovers” throughout Manitoba make important contributions to the success of School Milk Programs and we are very pleased to acknowledge and share their efforts with you. Individuals who qualify for this award include students, Milk Drivers, school staff &/or parent volunteers and local businesses that have gone ABOVE and BEYOND the call of duty to ensure milk is available at your school.

After receiving many worthy nominations – the awards go to...

Milk Driver/Moover of the Year:

Scott Owens, My Milkman & More

Nominated by Argyle Alternative High, Joseph Teres and H.S. Paul School

“Scott is reliable, friendly, an awesome guy with great service.”

Student Milk Moover of the Year:

Jessica, Student

Nominated by Gillis School

“Jessica, a grade 7 student at Gillis School, is a true leader in volunteerism. Every lunch hour, she assists the adult lunch monitors with the Milk Program delivery. Without her hard work and dedication, we would not be able to run our successful Milk Program.”

School Staff/Volunteer Milk Moover of the Year:

April and Brad, Parent Volunteers

Nominated by Balmoral Elementary School

“For almost six years, April Propp and her husband Brad, a dedicated parent volunteer, has arranged to pickup and deliver milk from Winnipeg to our school! Because of her generosity, our students are able to order milk twice a day at a great price. Thanks for all you do, April.”

Community Milk Moover of the Year:

Harry's Foods, Local Business

Nominated by St. Andrews School

“The staff at Harry's Foods is always helpful, by personally delivering the milk orders to our school and filling our cooler. They can be relied on at a moments notice if we need anything. For example, the school cooler was not working properly and one of the staff members came to try to fix it for us.”

COWgratulations to all of our “Milk Moovers of the Year” and to all of the other nominees for their hard work and commitment in supporting the health and well-being of their students!

Have a fab-moo-lous summer!

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