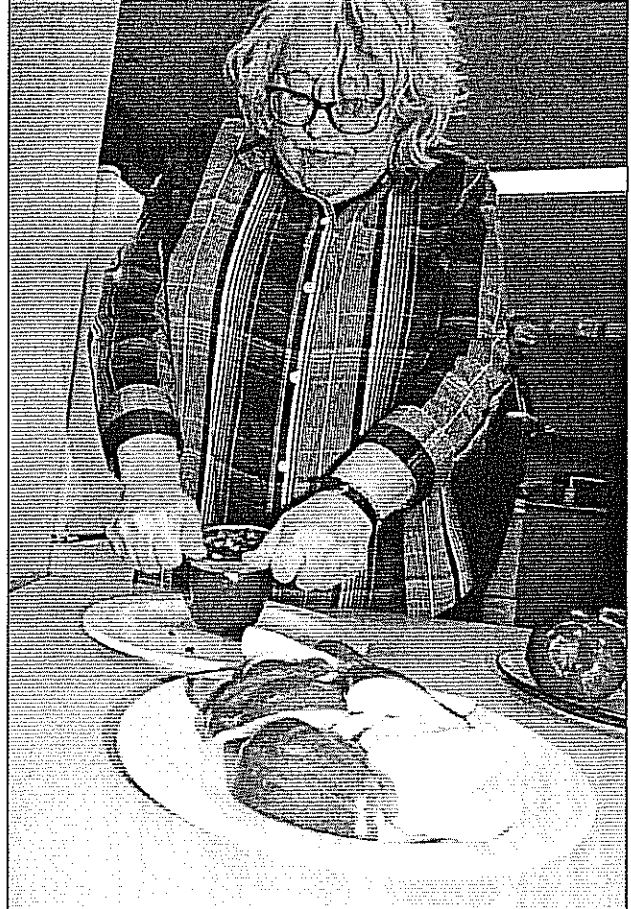


A good start to the day



NorthMart manager Matthew Clark presented a \$5,000 donation to the East Three Elementary School breakfast program Oct. 6. He's planning on making another \$5,000 donation on behalf of the company in February. Pictured with him are principal Jeannette Vlanich and vice-principal Jason Dayman.



East Three Elementary School staff member Jane Dale helps with the preparations of another round of the breakfast program Oct. 10.

Breakfast program receives hefty donation

by Shawn Gillick
Northern News Services

The East Three Elementary School's breakfast program received an early Christmas present last week.

On Oct. 8, the Inuvik NorthMart store presented the first half of a \$10,000 donation to the school to use in the program. NorthMart has become the biggest sponsor, said vice-principal Jason Dayman.

The program has been in operation for about 13 years, ever since Dayman arrived on the scene.

"The need for it is going up at a time when the donations are going down," he said.

The program hands out a mixture of healthy foods to any student who wants to attend, Dayman explained.

There's no means test or anything of the sort, he said, and that's never been an issue among the students.

"I've never heard of a case where a student said anything to another about coming to the program," Dayman said, as principal Jeannette Vlanich nodded in agreement.

"It's hard to learn when your stomach is growling," she added.

The program regularly feeds approximately 60 students, Vlanich and Dayman said. Typically 275 breakfasts are served a week, which adds up to approximately 1,500 a month and 15,000 for the year.

On an occasional basis the program will also provide some food for a student who hasn't eaten lunch.

Once a week all of the students are also supplied with a healthy snack.

Milk, yogurt, cheese, cereal, whole wheat bread, fruit and juice are the primary items supplied, mostly by NorthMart.

A rotating schedule sees three teaching staff and one parent running the program each morning, with the volunteers arriving at 8 a.m.

On Oct. 10, about 55 students flocked to the school for breakfast, which is served between 8:25 and 8:40 a.m.

The foods presented are simple, easy to prepare, but still nutritious. On Oct. 10, toast with jam or Cheez Whiz

was served, along with apple slices, cereal bars, yogurt and juice.

Dayman said that one of the goals of the program is to demonstrate how to eat more nutritious meals without overwhelming people.

It seemed to be a hit with the students.

"I love the Cheez Whiz," said Grade 1 student Linden

Wolki with a mouthful of toast.

"I like the program," Grade 6 student Cherith Ross added. "It's good and it's easy."

Jacob Lennie was busy chomping down. He said he comes to the program often, since his family isn't big on eating breakfast.

"I never have breakfast otherwise," he said, chomping

into some toast.

Dayman said more donations and volunteers for the program would be welcome, as it seems like more and more students are tapping into it.

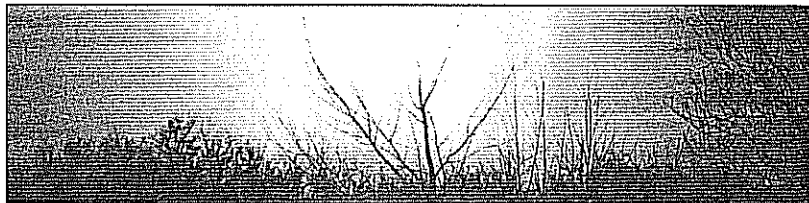
He knows there's also been discussion in the community about establishing some kind of lunch program. In a perfect world, Dayman said the school would be happy

to accommodate that request. However, the resources at the moment just aren't there to do anything more elaborate.

Matthew Clark, the manager of NorthMart, said he's hoping some of his store staff will begin volunteering on at least an occasional basis.

He will present another \$5,000 donation to the program in February.

sunwatch



Date	Rise	Set	Sunlight
Friday, Feb. 29	9:17 a.m.	6:59 p.m.	9hrs 42mins
Saturday, Mar. 1	9:13	7:03	9hrs 50mins
Sunday, Mar. 2	9:08	7:07	9hrs 59mins
Monday, Mar. 3	9:04	7:11	10hrs 07mins
Tuesday, Mar. 4	9:00	7:15	10hrs 15mins
Wednesday, Mar. 5	8:56	7:19	10hrs 23mins
Thursday, Mar. 6	8:51	7:22	10hrs 31mins

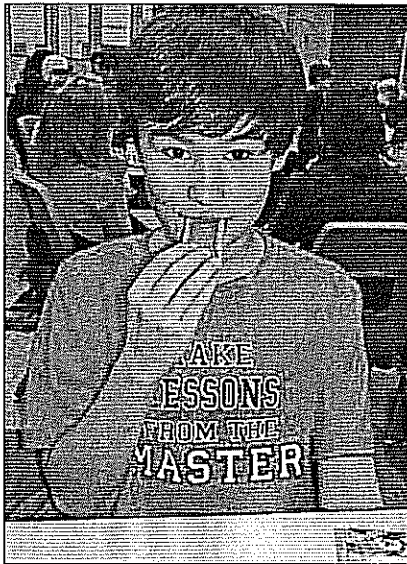
Fun breakfast at East Three

BREAKFAST
Feature
 by Shawn Gillick



Northern News Services
 The breakfast program at East Three Elementary School saw about 55 students turn up to eat on Oct. 10.
 The program is offered to all students five days a week.
 Teaching staff at the school operate the program, sometimes with outside help.

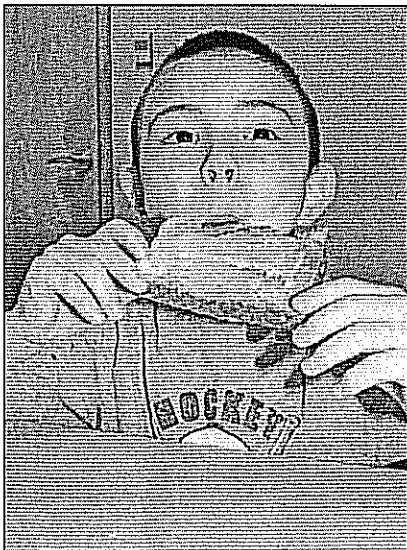
It operates from 8:25 in the morning to 8:40.
 Foods offered include toast, cereal bars, yogurt, fruit, juice and sometimes milk.
 The main sponsor at the moment is the Inuvik North-Mart store, which is providing a \$10,000 donation through February.



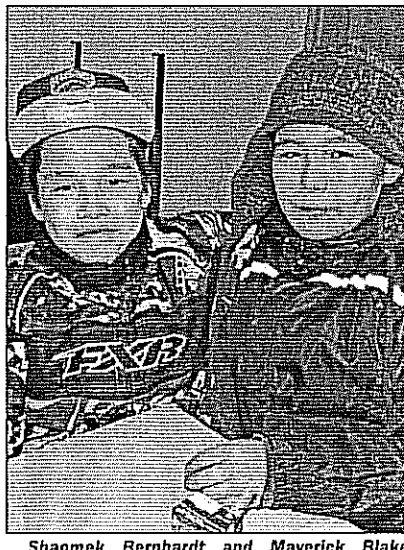
Jacob Lennie enjoyed a quick breakfast at East Three Elementary School Oct. 8. He's a regular visitor to the program.



Jeannette Vianich, the principal at East Three Elementary School, was helping out with the popular breakfast program Oct. 10.



Grade 1 student Linden Wolki popped by for a quick snack Oct. 10. "I like the Cheez Whiz," he said while taking an enormous bite.



Shaomek Bernhardt and Maverick Blake hammed it up while having a meal at the breakfast program Oct. 8 at East Three Elementary School.



Cherith Ross surveys the spread at the East Three Elementary School breakfast program as principal Jeannette Vianich looks on.