Starting their day off right

ᓛᕆ ᓄᐊ (ᔫᓪ 4), ᓈᔅ ᓇᑰᓚᒃ (ᔫᓪ 3), ᐄᐳ ᓄᐊ (ᔫᓪ 4), ᔭᔅᑎᓐ-ᑳᓇ ᐳᕈᔅ (ᔫᓪ 4), ᓚᑦ ᐸᓂᔪᖅ (ᔫᓪ 7), ᑯᐃᓐᑕᓐ ᓇᑦᓯᖅ (ᔫᓪ 5), ᑕᔅᑎᓐ ᐃᒥᖅᑕᐅᑦ (ᔫᓪ 4) ᐊᒻᒪᓗ ᕆᓇ ᐊᖑᑎᐊᓗᒃ (ᔫᓪ 7) ᓴᒃᑯ ᐃᓕᓐᓂᐊᕐᕕᒃᑯᑦ, ᐃᓚᒋᔭᐅᖃᑕᐅᔪᑦ 60-ᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ ᐅᑉᓛᑦᓯᐊᖃᑦᑕᖅᑐᑦ ᓴᓪᓕᖅ ᐃᓕᓐᓂᐊᕐᕕᖓᓂ ᓴᓪᓕᕐᒥ ᐅᑉᓛᒃᑦ ᖃᐃᖃᑦᑕᖅᑐᑦ.

Breakfast program plays important role for Coral Harbour students

by Darrell Greer
Northern News Services
Coral Harbour

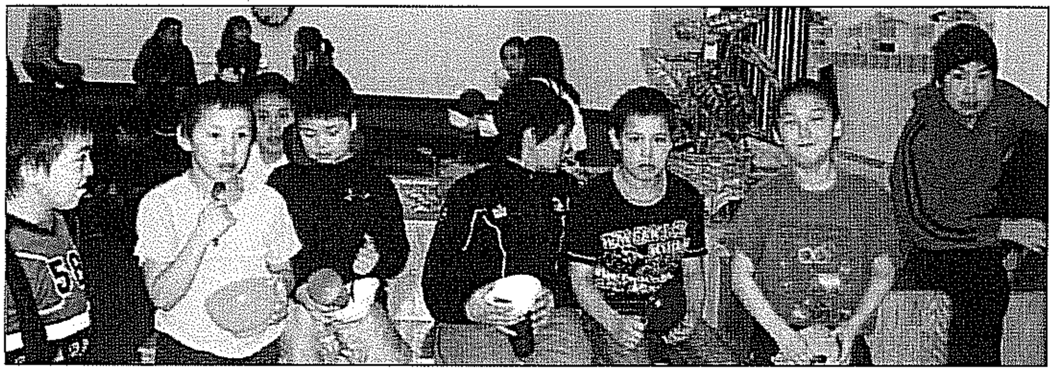

photo courtesy of Lisom Tam-Eveleigh

Larry Noah (Grade 4), Nash Nakoolak (Grade 3), Able Noah (Grade 4), Justin-Conner Bruce (Grade 4), Lott Paniyuk (Grade 7), Quinton Netser (Grade 5), Dustin Emiktowt (Grade 4) and Rena Angootealuk (Grade 7), from left, are among about 60 students who attend the breakfast program at Sakku School in Coral Harbour every morning.

The Sakku School breakfast program plays a big role in preparing students for their day in Coral Harbour.

Teacher Robin Hatfield was instrumental in organizing the program for the past two years, as well as obtaining funding from Brighter Futures for its support.

The program also received $7,917 from the Northern store this past year.

The Northern donated money from the sale of cloth bags at the Coral store.

The breakfast program runs for 8 a.m until 8:30 a.m. every school morning, with students receiving a meal ranging from cold or hot cereal, toast, juice, fruit, English muffins, scrambled eggs and ham.

The students are then allowed use of the gym for 20 minutes before the start of their school day.

About 60 of the school's 292 students attend the breakfast program regularly.

Among those to volunteer their time to help with the program are Allison Vardy, Steve Allan, Lisom Tam-Eveleigh, Paul Yunchus, Sharon Pomeroy, Daniel Rideout and Jerry Maciuk.

Principal Michael Gilbert said he'd like to have more volunteers involved with the program.

COFFEE Break

He said most of the kids who come for breakfast are from Grades 2 to 7.

"What you really notice is the ability of the kids to be on task in the morning after having breakfast," said Gilbert.

"If they don't start their day with something nutritional, it makes it tough on them in the morning.

"That's the best time of the day to remember things you do in class.

"The kids tend to learn a bit more, and a little faster, when they start their day with a healthy breakfast."

Gilbert said teachers really see a difference in the kids when they have breakfast.

He said they don't complain about being hungry, have more energy and can do what's asked of them in class.

"We'd love to have more volunteers to give some of our people a bit of a break, but the volunteers we do have are very committed to it.

"Hats off to Robin for getting this program started, and the four or five teachers and community members who contribute every morning.

"Some of those who were instrumental in getting the program up and running have left the community, but others have stepped up.

"The breakfast program hasn't missed a beat and, hopefully, that will continue into the future."

ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᑎᑦᓯᓂᖅ

ᑲᑎᑦᓯᔨᑦ ᐱᔨᑦᓯᕈᑎᖃᖅᑐᑎᒃ ᖃᓄᐃᓐᓇ

1178 Sanford Street, Winnipeg, MB R3E 2Z9
ᐅᖃᓘᑎᖓ: (204) 775-7348 ~ ᓱᑲᔪᒃᑯᑦ: (204) 775-7389
ᖃᕆᑕᐅᔭᒃᑯᑦ: ramsay05@mts.net ~ www.arcticconnection.ca

ᐱᔨᑦᓯᖅᑎᑕᐅᓪᓗ 2012ᒥ ᐅᒥᐊᕐᔪᐊᒃᑯᑦ ᑎᑭᓯᓂᐊᖅᑕᑉᓯᓐᓄᑦ

ᐊᑭᓕᐅᑎᒃᓴᕐ ᐊᑭᑭᓂᖅᓴᐅᓇᔭᖅᐳᑦ ᐅᑯᐊᓗᒃᑖᑦ ᐊᓯᖏᓪᓗ – ᓇᓂᔪᐃᓐᓇᖅ
ᓂᐅᕕᕕᖕᓂ ᖃᐅᔨᓴᖃᑦᑕᖅᐳᒍᑦ ᓂᐅᕕᖃᑦᑕᖅᐳᒍᓪᓗ ᐱᓕᕆᖃᑎᖃᖃᑦᑕᖅᑐᖓ
150 ᐅᓄᙵᓂᑦ ᐊᑭᓗᒃᓯᒥᐊᖅᓯᒪᔪᓂᒃ ᓂᐅᕕᕖᓂᒃ ᐊᑭᖏᓛᒃᑯᑦ ᐊᑭᓕᖅᑐᐃᔪᓐᓇᖅᑯᓪᓗᓯ

- ᐃᒡᓗᓖᑦ
- ᐅᒃᑯᐊᑦ
- ᐅᖅᑯᖅᓴᐅᑎᑦ
- ᐆᓇᖅᑐᓕᐅᕈᑎᑦ
- ᓇᑎᖕᓴᐃᑦ
- ᕿᔪᐃᑦ
- ᑎᑎᕋᕐᕕᖕᒥ/ᐊᖕᓂᕐᒥ/ᐃᓕᓐᓂᐊᕐᕕᖕᒥᓗ ᐱᖁᑎᖕᓴᐃᑦ
- ᐃᓪᓗᒥᐅᑕᐃᑦ
- Calcium Chloride
- ᐊᓕᓚᔪᑦ/ᑎᑎᕋᕐᕕᖕᒥ/ᐊᖕᓂᕐᒥ ᑎᑎᕋᕐᕕᖕᓴᐃᑦ
- ᖃᕆᑕᐅᔭᐃᑦ
- ᐊᒃᓱᕈᐊᑦ
- ᓯᑯᑦ/Hᐋᑦᑕᐃᑦ ᐃᓚᖕᓴᖏᑦᑐ
- Hᐋᑦᑕᐃᑦ/ᓄᓇᒃᑯᕈᑎᑦ ᐅᓯᒍᑎᖃᖅᑐᑦ ᐊᒃᓱᕈᐊᖏᑦ
- ᐳᓚᐅᔭᐃᑦ ᐅᖅᓱᒃᓴᐃᑦ
- ᐃᒡᓗᓖᒃᓴᐃᑦ
- ᓇᓗᓇᐃᒃᑯᑕᐃᑦ ᐱᓕᕆᕝᕕᖕᓄᑦ
- ᓄᓇᒃᑯᕈᑎᖃᖅᕕᒃᓴᐃᑦ
- ᓂᕿᑦ
- ᑮᓇᐅᔭᓂᒃ ᓇᓚᐅᖅᓴᕈᑎᑦ ᐱᙳᕈᑎᖏᓐᓗ
- ᖃᓖᖅᑎᓯᒪᔪᑦ ᐃᒥᒐᐃᑦ
- ᓴᓗᒪᖅᓴᐃᑎᑦ
- ᐊᓯᖏᑦ ᐃᖅᑭᐅᑎᑦ ᐊᓯᖏᓪᓗ

ᑐᐊᕕᕐᓇᖅᑐᒃᑯ ᐱᒍᒪᔭᖅᐸᑦ (ᐃᓚᖕᓴᐃᑦ, ᐊᒃᓱᕈᐊᑦ, ᓂᕿᑦ ᐊᓯᖏᓪᓗ)
ᐅᓯᔭᒃᓴᓂ ᐱᓕᕆᓐᓂᕋᖅᐳᒍᑦ ᐅᓪᓗᑕᒫᖅ

ᐊᑭᓕᐅᑎᖃᕈᓐᓇᖅᐳᓯ Visa, MasterCard, Cash Link, CIBC ᐊᒻᒪ RBC ᑮᓇᐅᔭᓂᒃ ᓄᑦᑎᕆᐊᓴᖅᑐᑕ, ᑮᓇᐅᔭᓕᐅᖅᓯᒪᔪᓂᒃ ᐊᒻᒪᓗ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑮᓇᐅᔭᓂᒃ ᓇᒃᓯᐅᔾᔨᓇᖅᑐᑕ

"15 ᐅᑭᐅᓂᒃ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐱᓕᕆᓯᒪᓕᖅᐳᑦ"
ᐱᓕᕆᐊᖅᓯᐊᕐᓇᖅᐳᑦ ᑕᒪᐃᓐᓂᒃ

Arctic Connection

Connecting YOU with Quality Products and Services
1178 Sanford Street, Winnipeg, MB R3E 2Z9
Phone: (204) 775-7348 ~ Fax: (204) 775-7389
Email: ramsay05@mts.net ~ www.arcticconnection.ca

LET US LOOK AFTER ALL YOUR 2012 BARGE NEEDS

We can provide you with EXCELLENT PRICING on all of the following - and so much more - we shop at all stores and deal with over 150 wholesalers to find you the best price

- Appliances
- ATV/Truck Tires
- Doors
- Calcium Chloride
- Computers
- Flooring
- Furnaces
- Garage Packages
- Glass
- Groceries
- Hot Water Tanks
- Industrial Signs
- Janitorial Products
- Lumber
- Nevada & Bingo Paper
- Office/School/ Home Furniture
- Paper/Office/ Home Stationery
- Personal Items
- Pop
- Propane
- Snowmobile/ATV/ Vehicle Parts
- Tires
- Windows

Need something QUICK (parts, tires, food, etc)?
We are at cargo everyday!

We accept Visa, MasterCard, Cash Link, CIBC & RBC Money Transfers, Money Orders, Cheques, and Online Transfers

"15 Years of Arctic Experience"
GUARANTEED QUALITY