

# December Newsletter



## Lourdes Academy Monthly Newsletter



### What's New in Your School?

Welcome to your monthly newsletter! We are excited to share our story with you. December was a busy month! At elementary school we presented Mood Booster, a program that has Mood Booster characters and helps the student to feel their personal best. Another launch of Mood Booster will take place in Spring 2023. We also had a “Lucky Tray Day” if the student had a sticker on their tray they win a prize. The students really enjoy “Lucky Tray Day”!

In the middle & high School cafeteria we offered fresh lettuce that was grown right here in our school, delicious!

December is National Pear Month, fresh pears were offered on the salad bar.



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## School News

### Elementary Mood Boost Information

Emerging research suggests that the food we eat can affect our mental well-being. To help students learn what foods are may help them feel their personal best, Chartwells launched Mood Boost.

Designed by chefs and dietitians for elementary- and middle-school students, Mood Boost is a seven-week program that features interactive experiences, tasty new menus and fun characters that focus on six moods: Strong, Alert, Happy, Calm, Smart, and Confident and which foods can boost them and why.

Ask your children about their experience with Mood Boost.

Another launch of Mood Booster will take place in Spring 2023



## A Reason to Celebrate!

### December 4: National Cookie Day

National Cookie Day, on December 4<sup>th</sup>, serves up a sweet treat. Bakers across the country warm up the ovens for holiday baking, and we enjoy giving cookies to friends and family all season long.

### December 11: National Have a Bagel Day

National Have a Bagel Day encourages everyone to enjoy this delicious doughy delight in your favorite configuration and remember the long history of this bread and the people that made it famous.

### December 17: National Maple Syrup Day

Get the flapjacks ready for National Maple Syrup Day. December 17<sup>th</sup> calls for orders of pancakes, French toast, or biscuits topped off with butter and delicious maple syrup.

### All Month Long: Happy Holidays

