



## NEWS RELEASE

Friday, September 13, 2013

### **High school wins \$7,000 in Mosaic Extreme School Makeover Challenge**

**SASKATOON, September 13, 2013** – A plan to give students a larger role in delivering their school's nutrition programs has earned E .D. Feehan Catholic High School one of the top prizes in the Mosaic Extreme School Makeover Challenge.

The school was presented with the award at a school-wide assembly on Friday. It comes with a \$7,000 cash prize.

In the competition, schools are challenged to create healthier environments for their students. The Mosaic Company sponsors the contest, which is also supported by the Saskatchewan chapter of Breakfast for Learning, a national charity that helps deliver school-based nutrition programs.

At Feehan, students have been front and centre in planning and preparing the meals for the school's breakfast program since last fall. Students from the Functionally Integrated program, for students with intellectual disabilities, were the first to get involved. They have been learning about planning balanced meals, grocery shopping and hands-on cooking skills as they help provide a good breakfast for the kids who need one.

Staff wanted to expand this successful model. With funds from the School Makeover Challenge, Grade 9 Food Studies students will work on the lunch program in semester one, with the Grade 10 Commercial Cooking class taking over in semester two.

"We believe that if our students are well fed they will be more successful in school," said Feehan principal Brandon Stroh. "What makes our program unique is having students involved in preparing meals for their peers. They are learning valuable skills that could lead to a job and will definitely help them make healthier choices."

Before Friday's assembly, all students and guests participated in the Walk to Breakfast, which saw nearly 500 people go on a 15-minute walk through the neighbourhood around Feehan. After the award presentation, everyone enjoyed a nutritious breakfast.

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