







WELCOME TO THE BREAKFAST PROGRAM!

We are pleased to bring you an adapted breakfast program so that students can have access to healthy food in a nourishing and comforting environment in the wake of the COVID-19 crisis. The program is designed specifically to comply with public health guidelines and will be operated in collaboration with Breakfast Club of Canada.

What can you expect this year?

-  Individually packaged items (fruit, cheese, yogurt, cereal, granola bars and more)
-  Breakfast served in bags for students to pick up and eat in their classrooms
-  A healthy and delicious breakfast
-  Positive impacts such as helping to improve student's concentration, scholastic performance and behavior.

Breakfast will be served to students every day at 8:10 am throughout the school year, starting on Monday, October 5, 2020 .

The program is available to every student and you are free to register at any time throughout the year. Please contact the school if you have any questions:

James Furey, Vice-Principal Phone: 450-829-2381 Email: jfurey@nfsb.qc.ca

We ask for a voluntary donation. We suggest a contribution of 45\$ for the school year for one child or 75\$ for two or more children.

Your contributions keep our school's club sustainable!

Your donation is payable by cash or by cheque to the order of CVR High School. You can give it to Randy in the Mediation Station or the receptionist.



If you wish to register for the Breakfast Program, please clearly print the information below:

My child _____ will participate in the breakfast program.
(Student Name and class number)

Authorizations

Media consent: Breakfast Club of Canada may photograph/video/interview my child for promotional purposes:
 YES NO

Young volunteers: I accept that my child may volunteer at his/her school's breakfast program if needed
 YES NO

Allergies, illnesses and emergencies: My child's health information can be used for the breakfast program.
 YES NO

Parent's Name Signature Date Email Telephone



To find out more about Breakfast Club of Canada, please visit www.breakfastclubcanada.org