

Life is an accumulation of experiences, let us be your leader

To IB (International Baccalaureate), or not to IB?...That is the question!



It is interesting having worked in an accredited International Baccalaureate (IB) school whereby students are taught five essential elements of focus: Concepts, Knowledge, Skills, Attitudes, and Action and they relate what they learn to how the world works. Personalized, student-centered learning is the centerpiece of the B.C. Ministry of Education's plan to enrich student learning through "individualization" aimed at providing high quality teaching and learning, more flexibility and choice, and fuller utilization of the power of technology. Now, having the privilege to work with an IB World school starting in September, I continue to believe that the IB transdisciplinary themes help students become more socially aware, well-adjusted citizens. Is the educational system rife with politics and constant scrutiny? Yes, and it will continue to be as history repeats itself; however, with an ever changing world, we

educators need to do our very best to keep up with current trends, demands, and insist that students receive the necessary education they deserve!

Laptop, pencils, books....

The time draws near—school is almost in session. All of the summer fun, lax schedule, and family vacations come to a close for the most part. It is a stressful time to get the family back into gear, adjusting to routine and a new schedule. Once a routine develops, everything will work in synchronicity!

We wish you a wonderful start to the new school year, and warmly welcome any inspiring stories you wish to send our way:

info@takeactionsolutions.ca

Here are a few helpful reminders:

- pack your bags the evening before with all necessary belongings (look at your schedule and pack appropriately for the courses and extra-curricular programs you have the next day)
- bring a nutritious lunch and snack to school each day (see a couple of suggestions in the next section of the newsletter)
- if you know you are going to miss a day of school for an excusable absence, talk to your teacher ahead of time about missed classwork and assignments.
- try to find ways to connect, engage, and work with your peers and other students. Look for activities, clubs, sports teams, and groups to join. It is always better when you have hobbies and activities to look forward to each day.
- be prepared with necessary school supplies so that you are on top of your studies when new work and readings are assigned.
- **KIDS:** Remember to use crosswalks and cross at street corners. Safety is important to remember when you are in a rush to be on time. Obey crossing guard instructions. When possible, walk with friends for strength in numbers. Stay on sidewalks, do not cut through yards or alleys. NEVER accept rides or get into a car with people you do not know!



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Nutritious Food & Snacks

Bagel Gone Bananas

Talk about a grab-and-go breakfast: this bagel topped with nut butter and banana slices is ready in just 5 minutes and easy to eat on the run.

INGREDIENTS

2 tablespoons natural nut butter, such as almond, cashew or peanut
1 teaspoon honey
Pinch of salt
1 whole-wheat bagel, split and toasted
1 small banana, sliced

PREPARATION

Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

NUTRITION

Per serving: 284 calories; 10 g fat (1 g sat , 6 g mono); 0 mg cholesterol; 44 g carbohydrates; 6 g added sugars; 8 g protein; 6 g fiber; 369 mg sodium; 301 mg potassium.

Carbohydrate Servings: 2 ½



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Salsa Hot Dog Recipe

Skip the traditional ketchup and mustard toppings for your hot dog and try this fresh-tasting salsa topping instead. Vary the heat with more or less jalapeño.

INGREDIENTS

- 2 tablespoons diced fresh tomato
- 1 tablespoon thinly sliced fresh jalapeño, or to taste
- 2 teaspoons sliced scallion
- 1 grilled hot dog (see Tip)
- 1 whole-wheat hot dog bun, toasted if desired

PREPARATION

Combine tomato, jalapeño and scallion in a small bowl. Place hot dog in bun; top with the tomato mixture.

TIPS & NOTES

Tip: Not all hot dogs are created equal. Reaching for the right brand in the grocery store can have a huge impact on your intake of fat and sodium. For a healthier hot dog, choose one that's no more than 150 calories, has 3 grams or less of saturated fat and 370 mg or less of sodium.

NUTRITION

Per serving: 191 calories; 8 g fat (2 g sat , 1 g mono); 20 mg cholesterol; 23 g carbohydrates; 3 g added sugars; 10 g protein; 4 g fiber; 504 mg sodium; 187 mg potassium.

Nutrition Bonus: Vitamin C (17% daily value)

Carbohydrate Servings: 1 1/2

