



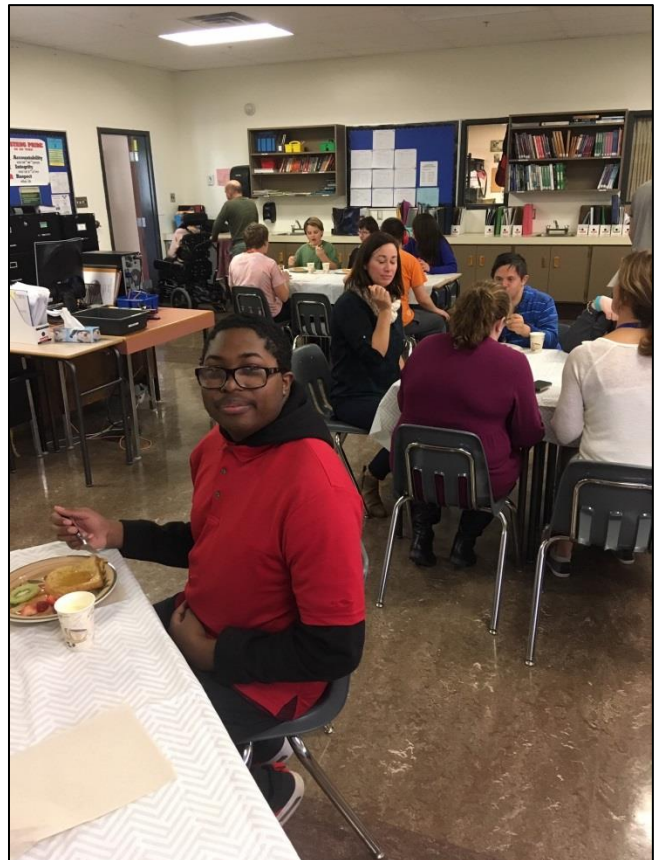
French Toast Friday Event Newsletter

Jenna Robertson (Gr11) and Max Turpin (Gr11)

The morning meal is important for providing energy for everyday activities. Teens who don't eat in the morning can find their energy lagging in the long stretch before lunch. Teens that have breakfast in the morning before school also have better concentration during class, so it can even improve school performance. One 2003 study from the Northern Ireland Centre for Diet and Health at the University of



Ulster found that teens who ate breakfast did better on attention and memory tasks and girls who had a breakfast featuring both carbohydrates and protein did even better. That's why our AIM School (Alternate in Maggie) has started a new event called French Toast Fridays. Our main goal in establishing French Toast Friday is to bring students together in a comfortable environment for one large breakfast with **bacon, fresh fruits** and, you guessed it, **French toast.**





We here in AIM believe that giving back to our school community is of the utmost importance especially considering the AIM morale is to be generous, open minded, empathic, compassion, respect and model healthy living. We hope that French Toast Friday demonstrates some of those Princess Margaret values. Our goal is to have French Toast Friday be something for the whole school! It started out as a rather small event but is growing in popularity. Above are some pictures of us hosting the school's [Green Team](#). Come on down for some French Toast this Friday!