



HAMILTON WENTWORTH CATHOLIC DISTRICT SCHOOL BOARD

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ST. MICHAEL HEALTH PROMOTING SCHOOL

From the Halls of St. Michael School

We would like to share with you, our parent community, an example of one of our veggie announcements. This example informs all of us of the type of information that we are sharing with your children. Perhaps this explains your child's request for more veggie in their lunches.

Speaker 1: Today is Spa day with this veggie info. Can you guess what this veggie is?

Speaker 2: No, can you give me some hints?

Speaker 3: Well we like this vegetable because it's tasty, refreshing, low in calories, high in vitamins, nutrients, smells great, lowers our stress levels, and basically it's an ideal dietary and beauty product. That's why this vegetable can be your own Personal Spa. It is even known as the coolest. Hey, haven't you ever heard of "Cool As A Cucumber".

Speaker 2: Wow!! I love cucumbers and they are so healthy for you.

Did you know

- ✓ Cucumbers have cleaning properties that remove accumulated waste and toxins from our bodies
- ✓ Cucumber juice taken daily may help in the improvement of gout, eczema, and diabetes
- ✓ The potassium content of a cucumber helps in proper regulation of blood pressure and promotes flexibility of muscles
- ✓ The magnesium content of a cucumber helps in smooth blood circulation, relaxes the nerves and muscles
- ✓ Slices of cucumber placed on closed eyes reduces puffy and swelling eye lids
- ✓ Cucumbers are great for soothing your tired, strained eyes
- ✓ Cucumber is the best source of silica-a trace mineral which contributes to the strength of our connective tissue. Connective tissue is a tissue that holds our body together

So take a slice of cucumber and press it on the roof of your mouth, with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

Using a pen, made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. This also works great to erase crayons and markers that children may have accidentally used to decorate the walls of your home.

Speaker 1: Did you know that

- ✓ Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc

Speaker 2:

Are grubs and slugs ruining your planting beds? Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to human but drive garden pests crazy and make them flee the area.

Speaker 3:

This is great information for our Green Thumb Club!!!!

Speaker 2:

- ✓ Did you know that if you are out of WD40 and need to fix a squeaky hinge, you can take a cucumber slice, rub it along the problematic hinge, and voila, the squeak is gone!!!

Speaker 1:

Hey, wait a minute girls. You're getting off the nutrition and health facts!!!

Speaker 2: There's so much to learn about this vegetable

Speaker 3: Say, to peel or not to peel, that is the question.

Speaker 2:

Cucumber skins are rich in fibre and minerals including silica, potassium and magnesium. These make the cucumber a great package. But farmers sometimes have cucumbers waxed so they can travel longer distance or have a longer shelf life. It is better to peel those cucumbers.

Speaker 1:

Girls, Girls, Girls, let's leave the rest of this information in the office- if others want to come and learn more. My eyes are burning from reading. You are starting to stress me out. I think I need a day at the Spa.

Girls, please pass me a cucumber!!!!!!!!!!