

COMING SOON!

Comfortable Cafeteria Program

- **WHAT IS IT?** The Comfortable Cafeteria program will be offered by school staff during lunchtime once a week for six weeks. Cafeteria supervisors and students will learn about how to create a pleasant cafeteria environment.
- **WHY?** Lunch should be an enjoyable part of the school day for every student to relax, take a break from school work, enjoy eating, have pleasant conversations and make new friends.
- **HOW?** Each week, there will be a theme related to creating a comfortable cafeteria with special activities to reinforce the theme. (e.g. how to be a good friend)
- **WHAT YOU CAN DO?**
 - **Cafeteria supervisors:** Be open to learning strategies for how to encourage positive behavior, foster friendships, and teach mealtime conversation skills.
 - **Teachers:** Make books available in the classroom about the weekly theme. Reinforce concepts during class discussions.
 - **Students:** Have fun learning about mealtime manners and conversation skills, how to be a good friend and include others, and healthy food choices.
 - **Parents:** Ask you child about the cafeteria program during your family mealtime. Read the cafeteria newsletters for ideas on how to create positive family mealtimes and encourage healthy food choices.

THE COMFORTABLE CAFETERIA LEADERS: _____

STARTING DATE: _____

