

October 2013

125 Wellington St. W,
Aurora, Ontario
L4G 2P3
905.727.9751

Jodi Sepkowski
Principal

Claudia Fischer
Vice-Principal

**Gayle Brocklebank-
Vincent**
Superintendent
905.884.4477

**Peter Adams-
Luchowski**
Trustee
905.713.1729



Upcoming Dates

- Oct. 3—QSP Launch
- Oct. 3—Meet the Staff
Evening
- Oct. 8—Bus Safety
- Oct. 9—Area Cross
Country
- Oct. 11—PA Day
- Oct. 14—Thanksgiving
- Oct. 15—School Council
Meeting @ 7pm
- Oct. 17—Regional Cross
Country
- Oct. 18—Picture Day
- Oct. 18—School Council
Movie Night
- Oct. 24—Grade 7 Hep B
- Oct. 24—Grade 8 HPV
(females only)

October 2013

www.aurorasenior.ps.yrdsb.edu.on.ca

Administrators' Message

We have had an exciting month at both George Street and Aurora Senior. Students have been learning new routines, settling into new classes, and in some cases (with our re-organization) our students and teachers have settled into new classes twice in one month! It's amazing how smoothly transitions can work when students, parents and school staff work together to address all of our students' needs.

As always, our prime objective at Aurora Senior and George Street is to provide a safe and stable learning environment for your children. As part of that, Bus Safety presentations have been scheduled, along with a fire drill and lockdown drill planned during Safety Week (Sept. 30-4th). Both schools are also participating in the Pizza Lunches, Recess Snack Programs, the QSP Magazine Fundraiser (more information to come this month) and both schools have participated in the Terry Fox Run/Walk.

Our teachers are also working hard to collaboratively plan curriculum so every student in every classroom is getting a balanced program and is encouraged to reach their potential level of achievement. Over the next several weeks, our leadership team will analyze the EQAO results along with several other sources of data to create goals for our School Improvement Plan with the objective of increasing student achievement. The monthly staff meetings, divisional meetings and PA days throughout the year allow us time to strategically plan for goal creation and the steps and resources necessary to reach our goals

Sincerely,

Jodi Sepkowski, Principal
Jodi.sepkowski@yrdsb.edu.on.ca

Claudia Fischer, Vice Principal
Claudia.fischer@yrdsb.edu.on.ca



September 25, 2013

Dear Families:

On Tuesday, September 24, 2013 the 2012/2013 Council was dissolved and the new Council was established. The following is the 2013/2014 ASPS & GSPS Council:

Robin Scanga & Michael Lines (Co-Chairs)
 Doug Parkinson (Recording Secretary)
 Janet Tapping (Treasurer)

Eveline Odisho
 Ning Li
 Tara Foster
 Carolyn Viney

Lisa Sproul
 Mariana Badescu
 Emily Wang

According to the School Council Constitution, the number of members ranges from 10-18. There is still room on council if you would like to become an "official" member, please know that we welcome all parents and guardians to attend any and all meetings.

The meetings are on Tuesdays at 7:00 PM and are held in the school library. The meetings for the remainder of the year are as follows:

October 15, 2013	January 14, 2014	April 8, 2014	June 17, 2014
November 26, 2013	February 18, 2014	May 13, 2014	

School councils have a significant role to play in working with the principal and staff to set the school's priorities as well as developing and implementing plans to achieve the goals that are set. Please join us at the November meeting where we will be discussion our School Plan for Continuous Improvement.

Sincerely,

Jodi Sepkowski

ASPS Phone: 905.727.9751 GSPS Phone 905.727.4921

JODLSEPKOWSKI@YRDSB.EDU.ON.CA

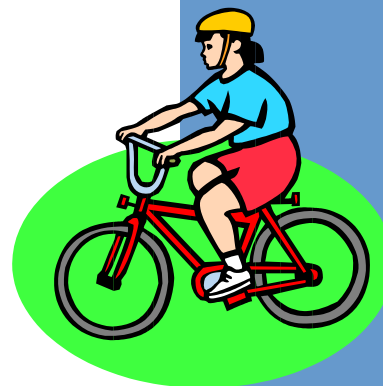


Operation Sparrow is a local non-profit organization whose aim is to promote and facilitate the participation of children ages 3-18 in physical and cultural activities, regardless of their ability to pay for services.

Opportunities with local groups featuring karate, hockey (spring registration) and basketball (fall registration) are offered (subject to availability).

Call (905) 716-1447 now to apply for programs.

Bicycles and In-line Skates are NOT to be ridden on school property.



Please remind your child that as soon as he/she arrives on school property, (this includes the parking lot, bus loop, field and pavement), he/she should dismount their bike or take off their in-line skates. Our top priority is the safety of our students and their families.



**ECO-LITTERLESS SCHOOLS/
WASTE FREE AND
BOOMERANG LUNCH**

A Litterless/Waste-Free lunch contains no throw-away packaging or food leftovers. Lunches are packed in servings that will be completely eaten. To avoid any packaging, all food and drinks are packed in reusable containers with a reusable lunch bag or box. With this type of lunch, food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice; they are less expensive as well. With Boomerang Lunch programs, whatever comes to school/office for lunch and snacks and is not consumed, will go back home. Let's all work together to be an Eco-Friendly School.



The Book Fair

**Is Open During
Meet The Teacher
on
Thursday, October 3**



AURORA SENIOR SAFE ARRIVALS



Our school operates a safe arrival program which requires that we check the whereabouts of all students who are absent or late each day. We need your help! If your child(ren) will be absent from school, please call

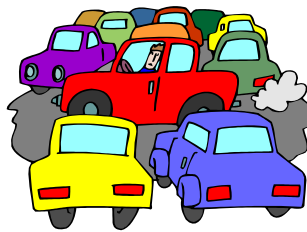
the school office at 905.727.9751 to let us know. Please leave a message on the school answering machine indicating your child's name, grade and his/her teacher's name and the reason for the absence/late, i.e. illness, appointment, etc. *We have an answering machine which is on at night for your convenience.*

ARRIVING ON TIME

Please ensure that students arrive on time each day. Tardiness is not only a bad habit, it is detrimental to the learning of those that arrive late and disrupts the other students in the class. If your child comes to school late, please have her/him sign in at the main office, so the attendance can be changed and thus avoiding unnecessary phone calls home.

STAFF PARKING LOT

A friendly reminder to parents that we only have a limited amount of parking spaces and they are reserved for staff. We encourage parents to use our lower parking lot or to walk their children to school. Thank you for your cooperation



Lunch Drop Off

Routine

If you need to drop a lunch off for your child, please bring it to the table outside the main office and be sure to clearly label it with your child's name and teacher's name.

WANTED

SCHOOL ASSISTANTS!!

If you are able to help out at the school and would like to have a paid job (1 hour/day), please contact the office at 905.727.9751

REPORTING TO THE OFFICE

Please remember that the first place to visit at school is the office. The only way that we can assure the safety of all students is with your full participation! A "Sign-In" sheet is located in the office, and requires all visitors or volunteers to sign in when entering the building. Please sign in at the office and obtain a "Visitor" badge so that you can quickly be identified by staff in the halls. Going directly to your child's classroom only causes confusion in the hallways.



OCTOBER'S
CHARACTER MATTERS
TRAIT
IS

EMPATHY

WE STRIVE TO SENSE AND
APPRECIATE THE
EMOTIONS OF OTHERS, TO
"STAND IN THEIR SHOES."

WE DEMONSTRATE
APPRECIATION OF AND
CONCERN FOR THEIR
FEELINGS.

WE TRY TO UNDERSTAND
ISSUES FROM THEIR
PERSPECTIVES EVEN
THOUGH WE MAY NOT
AGREE WITH THEM
PERSONALLY.



BOARD VISION

We unite in our
purpose to inspire and
prepare learners for life
in our changing world
community



Aurora Senior Touchstone

We are Aurora Senior Public School

*We are ambitious in our learning and we try our very best to achieve our goals.
Success is everyone's accomplishment to celebrate.*

*We take responsibility for our work, our words, and our actions and we try to
make good choices.*

*We encourage one another to learn new and important lessons by taking risks and
making mistakes.*

*We take care of ourselves and respect each other so we can learn, laugh, and live
each day to the fullest.*

*We treat each other fairly, truthfully, and honestly, always remembering how we
would like to be treated.*

*We accept, honour, and celebrate our differences because we know that it's what is
on the inside that matters most.*

*We try to make a difference every day by keeping our school healthy, safe, clean,
and happy.*

*We welcome everyone in our work and play so that everyone feels included and
has a role to play.*

At Aurora Senior, everyone belongs!

EQAO Results

Within schools, EQAO data are used regularly to guide school improvement initiatives by helping to identify areas of strength and areas needing improvement and by helping to support changes in instructional practices that may be required. The provincial test results can also help schools engage in meaningful discussions about student achievement with their parent community. We all know that parents can and do exert a powerful influence on their children's work habits, behaviour, attitudes towards school and, ultimately, learning and achievement. EQAO is pleased to help strengthen the partnership between home and school by offering a series of resources for parents and educators, available on the agency's Web site, to help school communities engage in the kind of meaningful, data-based dialogue that supports student success.

Meet the Teacher

Thursday, October 3, 2013

GSPS 6:45 – 7:30 PM ASPS 6:45 - 8:00 PM

Visit your child's classroom, meet the teacher and take a tour of your child's daily learning environment.

5:30 – 6:30 Spaghetti Dinner

See other side of flyer for details

George St. P.S.

6:45 PM all parents meet in the gym

7:00 – 8:00 Classroom Visits

Aurora Senior P.S.

6:45 PM all parents meet in the gym

7:00 – 7:30 & 7:30 – 8:00 Classroom Visits

7:00 – 7:30 Secondary School
Presentations for Grade 7 & 8 families

**The Scholastic Book Fair 5:00 – 8:15 (ASPS)*

**School Clothing Orders*

**Lost & Found*

We are looking forward to seeing you!

Please help us by saving your magazine orders and renewals for our **QSP Magazine Fundraising Program**

S.O.S.!



(SAVE OUR SUBSCRIPTIONS)

The FAMILY READING MAGAZINE FUNDRAISER IS RETURNING SOON!

Each year, we hold our QSP magazine subscription fundraiser to raise money to benefit our students while also encouraging more at home reading. The success of the program depends on your participation.

Please save your magazine subscription renewals for our sale. It is only when you renew directly through our program that our school receives any profit from your order. QSP will honour publisher price discount coupons, so save them too.

If you are anxious to renew before the official campaign begins, you can support us today by shopping online! It's easy . . . visit www.QSP.ca! **All early orders will count towards your child's rewards.**



Consider giving magazine subscriptions as gifts this year!
Each issue acts as a reminder of your thoughtfulness!

Order a subscription for your child! Children love receiving mail and it's proven that reading print material benefits children far greater than reading material online.

Let friends and family know about our upcoming fundraiser. Send them an email using the email service at www.QSP.ca and your child will receive a thank you reward for spreading the word about our campaign.

Thank you in advance for your support. We count on your participation!

QSP LAUNCH IS THURSDAY, OCTOBER 3, 2013

Get involved in making our school a Healthy School!



Healthy Schools are places where children are supported by their school community to make healthy lifestyle choices. The entire school community – students, school staff, parents and community partners – work together.

The Healthy Schools approach gives students many opportunities to see and learn healthy attitudes and behaviours. Healthy choices are promoted not only in the class but in the whole school community to encourage values, skills and actions that can increase the healthy development of students.

As parents, you know your children's needs better than anyone. Ask an administrator or School Council member how you can get involved in making our school a Healthy School, to enhance student learning and well-being!

York Region Community and Health Services, Elementary School Services has resources and a tool kit available to help. For more information visit www.york.ca/healthyschools.



For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

4863 08 2011

Get active on a family scavenger hunt



Looking for a fun family outing?

Try an "active" family scavenger hunt at one of York Region's amazing trails, or at the Regional Forest. Design your scavenger hunt by listing items for everyone to find while hiking on the trail. You can have a competition or make it just for fun.

Here are a few ideas for your list:

- Find a seed pod, woodpecker hole, dead log, oak leaf, pine cone, good home for a squirrel, fern that's longer than your arm, tree that's too big to fit your arms around or a tree that you think is younger than you,
- Find something smooth, scratchy, round, that an insect has eaten, that flies, that's rotting, would be good food for a deer, that crawls or that would be good food for a mouse
- Look for three different colours (not including green and brown!), or your favourite thing...



For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

4863 08 2011



Awesome Aurora Activities



* Colours Of Fall Concert

As the leaves turn colours in the fall, enjoy one last concert in beautiful Town Park as an early celebration for Thanksgiving. Enjoy an evening of fiddling, pumpkin carving, live entertainment and an old fashioned community corn roast! This will be great fun for the whole family!

Thursday, October 10, 2013
6 p.m. to 8 p.m.

Aurora Town Park
Corner of Wells St. and Mosley St.

Nominal fee will apply for the corn roast and donation to the local food pantry would be greatly appreciated.



A Haunted Forest

Calling all Ghosts, Spirits and Friendly Monsters! Come join us for a spooky night full of haunted trails, ghost tales, bonfire, witches brew and many scary surprises. The fun takes place inside Sheppard's Bush but first you must choose which trail to get there...the one for 'little kids and big chickens' or the one for 'those not faint of heart'.

Saturday, October 26, 2013
6 p.m. to 9 p.m.

Sheppard's Bush Conservation, Mary Street entrance
\$4.00 per person, tickets only sold in advance at the Aurora Family Leisure Complex or the Stronach Aurora Recreation Complex as of October 5 for residents and October 12 for non-residents. For more information please call 905-726-4762

NEW! * A Shuttle Bus is available from the Aurora Family Leisure Complex to the entrance of the Bush! *



Santa Under The Stars Parade
Saturday November 23, 2013
6 p.m. to 8 p.m.

Ho! Ho! Ho! He's loading his sleigh and he's heading our way! Follow the "sparkle" as the parade travels south along Yonge Street from Orchard Heights Blvd. to Murray Drive.



7th Annual Tree Lighting Ceremony

Wednesday December 4, 2013
6:30 p.m. to 8:30 p.m.
Aurora Town Hall,
Front Courtyard

Come and join Santa Claus at the official Tree Lighting Ceremony.



Enjoy complimentary hot chocolate (with a food donation or unwrapped toy), Christmas songs, and of course, the important task of trimming the Town's tree!

Jingle bells, jingle bells, jingle all the...come and finish this song with us!



For details about Special Events call the Town of Aurora Parks & Recreation Services Department at 905-726-4762



Awesome Aurora Activities

Parents! Prepare your pre-teens to stay home after school on their own! Sign them up for our **Home Alone** program!

This program is designed for those aged 10 to 12 years old, who may be left home alone for a short period of time, especially after school. The program will cover topics such as home safety, street safety, fire safety, when to call 911, the components of a first aid kit, how to use it and more!

Wednesdays 6:30- 8:00 pm for 4 weeks
Session 1 begins September 25th
Session 2 begins October 30th
OR

New this season, see our P.A. Day option!
Friday November 15th 9:00am-4:00pm

Call 905-726-4761 for details

Team Up for An Active P.A. Day - 5 to 11 year olds
Friday October 11, 203 and Friday November 15, 2013
9:00 to 4:00pm
\$37 per day (extended care available for an additional fee)

Come out on your P.A. Day as we take a day to get up and moving while participating in your favourite games! We will run, jump and play a variety of fun and interactive games and activities, while also enjoying a craft or two!

For more information please call 905-727-3123 ext 3121

Make a Different Splash!

Looking for a change from the regular swimming lessons? Why not try:

- **Aurora Lifeguard Club** - introduces athletes of all ages to the sport of lifesaving
- **Springboard Diving** - teaches basic diving techniques, diving safety and builds strength and confidence
- **Water Polo** - combination of soccer, basketball, hockey and rugby all rolled into one

All of these programs are geared to youth 7 years and older and are guaranteed to be splashastic!
Please call 905-727-3123 ext 3123 for more information.

There are **many amazing programs** for toddlers and children in the Fall 2013 Parks & Recreation Services Program Guide.
Visit us on-line at www.aurora.ca
There is truly something for everyone.

Winter 2014 Program Guide November 10, 2013

The Parks and Recreation Guide will be delivered to your home on Sunday, November 10 in the Era Banner. It is jammed packed with activities and programs for your family!

Please note: Information is subject to change



AURORA SENIOR PUBLIC SCHOOL
125 Wellington Street West
Aurora, Ontario
L4G 2P3

Tel: 905-727-9751

Fax: 905-727-1811

October 2013

Aurora Senior P.S. Families:

Our school is so pleased to offer Rainbows to our students who may be facing adversity in their lives. We have staff who have attended the training and who are ready to support students one hour per week during the school day in a focused group setting. Attached please find a Rainbows Brochure and a Parent Letter for those families who may be interested in this opportunity.



Rainbows Focus

The sessions are designed to address many areas of grief including: **Identity, Divorce and Death, Anger, Family, Belonging, Trust and Coping Strategies**. Each meeting has a topic and rationale and includes four parts; **Gathering, Focus, Connection and Reflection**. As participants work through these meetings, they develop and strengthen their own problem-solving skills and abilities and learn new ways to look at themselves, their problems, families and environment. Learning to trust their Facilitator and the other members of their group encourages strong emotional support among the members. The emphasis on unconditional positive acceptance that is fostered in the group promotes positive behaviour changes and encourages growth and healing.

Jodi Sepkowski, Principal
Aurora Senior and George Street Public Schools
ASPS: 905-727-9751
GSPS: 905-727-4921

<https://twitter.com/yrdsb>



Act as if what you do makes a difference. It does.
William James

Rainbows Canada

The first Canadian sites were trained and designated in 1987. In 1994 **RAINBOWS** was incorporated and granted charitable status in Canada. Our National Office was established in Barrie, Ontario. The first action taken to achieve our goals was arranging to import all of the materials needed by our sites and shipping them to our sites across Canada from our National Office in Barrie.

In January, 1998, **RAINBOWS Project 2000**, which introduced new, revised journals, coordinators and facilitators manuals and activities, was launched in Canada. Presently we are continuing to import most of the materials but we have initiated the Canadian printing process and, with the generous support of service clubs, foundations and corporations we have been able to print more than 38,000 of our journals in Canada.

Rainbows Mission

The **mission** of **RAINBOWS** is to assist children, adolescents and adults of all races and denominations who are experiencing a significant loss in their family, to sort through their pain and confusion, to build self-esteem, and to learn positive coping tools to help deal with their various losses. Our **purpose** is to alleviate the pain that accompanies grief and promote emotional healing by providing a safe environment for the expression and release of feelings. If these feelings are left unexpressed, they may lead to poor mental health, behaviour problems, drug abuse, suicide, school drop out, gang violence and other forms of delinquency.



York Region

The York Region
Rainbows Registered
Directors are
trained volunteers
who provide training
and support to
Schools and
Community sites

Rainbows Focus

The sessions are designed to address many areas of grief including: **Identity, Divorce and Death, Anger, Family, Belonging, Trust and Coping Strategies**. Each meeting has a topic and rationale and includes four parts; **Gathering, Focus, Connection and Reflection**. As participants work through these meetings, they develop and strengthen their own problem-solving skills and abilities and learn new ways to look at themselves, their problems, families and environment. Learning to trust their Facilitator and the other members of their group encourages strong emotional support among the members. The emphasis on unconditional positive acceptance that is fostered in the group promotes positive behaviour changes and encourages growth and healing.

What is Rainbows?

More than 100,000 Canadian children are affected each year by divorce, separation or death in their families. Often confused and angry, these young people reveal their pain by acting out inappropriately or withdrawing in unhealthy ways. RAINBOWS offers a pro-active response to this dilemma!

Founded in 1983 by Suzy Yehl Marta, **RAINBOWS** began in three sites in the Chicago area. Today **RAINBOWS** has grown into an international not-for-profit organization and we are proud of the fact that over 900 000 children and youth have been helped in more than 8,300 sites in 17 countries around the world. This growth is due, in large part, to the hard work of thousands of volunteers supporting grieving children and to the positive evaluation and validation of the participants.

The Key to Rainbows

The key to having **RAINBOWS** sites in a community is to have a trained Registered Director of **RAINBOWS** who becomes a member of a total support system within **RAINBOWS**. The **Registered Director** works with the individual sites in a geographical area. Each site has a **coordinator** (on site director), **4 - 5 facilitators** (volunteers from the school/community site), and **participants**, (these numbers are based on having 25 participants in the program at a ratio of five participants to one facilitator). The Registered Director is responsible for training the coordinators and facilitators, providing follow-up support to each site and submitting required reports to the National Office.

Dear Parent/Guardian:

Aurora Senior Public School is pleased to announce that we are becoming a Rainbows site. Rainbows is a program that assists young persons who have suffered a loss. When something significant (parents separating, parents divorcing, or the death of a parent) happens in a family, the entire family is affected. If a parent dies or a divorce happens or a painful loss occurs, not only do the parents grieve, the children do also. Because of their age and short life experience, children may find it extremely difficult to verbalize their feelings of grief.

We have sensitive, caring trained adults who have said “yes” to helping these children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family.

If your child is part of a single parent family, a step family, has experienced the death of a loved family member, friend or sibling, this will be an opportunity for him/her to share with someone on the outside what is happening on the inside.

The support group will meet weekly and the program lasts 12 – 14 weeks and there are 3 – 5 young persons and a facilitator in each group. *Rainbow sessions will be co-ordinated based on the ages and needs of the students which will be determined when forms have been returned.* There is no cost for this program. Your child will receive a letter and registration form. To be part of a Rainbows group both the parent and the young person must sign the form and return it to the office.

Please return the form by **ASAP**.

Sincerely,

J. Sepkowski
Principal

C. Fischer
V. Principal

Name: _____ Age: _____ Grade: _____

Signature: (Young Person) _____

Signature: (Parent) _____

My social/personal circumstance(s): _____



Tip of the Month

Busy schedules, screen time and safety worries have put that kind of unstructured, outdoor play on the sidelines for too many children today. Here's how to get it back:

*schedule play into your day *provide or seek out active play space in your neighbourhood *don't worry about the weather (it doesn't hurt to put on a raincoat) *let your children 'own' their play - have them choose activities they like or ones that provide an opportunity for learning something new *have the whole family involved *be real about safety - our communities are perceived as less safe than they are (if you're out with your kids, you don't have to worry about 'strangers')

Recipe of the Month



One Pot Easy Beef Stew

As the weather gets chillier, a warm one pot meal is simple! - and an easy decision on what to have for dinner! Make ahead; no muss no fuss for those busy weeknights!

Nutritional Information (1 Cup): Calories: 245, Protein: 22 g, Fat: 4 g, Saturated Fat: 1 g, Dietary cholesterol: 39 mg, Carbohydrate: 31 g, Dietary fibre: 4 g, Sodium: 182 mg, Potassium: 833 mg

Ingredients

- | | |
|---|---|
| 1 tsp (5 mL) olive oil | |
| 1 lb (500 g) diced beef (inside or outside round) | |
| 2 cups (500 mL) sliced onion | |
| 1 clove garlic | |
| ½ tsp (2 mL) dried thyme | |
| ½ tsp (2 mL) black pepper | 1 ½ tbsp (22 mL) cornstarch |
| 1 cup (250 mL) whole button mushrooms | 2 cups (500 mL) turnip, peeled and diced small |
| 1 cup (250 mL) 25% sodium-reduced soup broth (beef, chicken or vegetable) | 1 cup (250 mL) carrot, peeled and diced small |
| 1 cup (250 mL) cold water | 1 cup (250 mL) sweet potato, peeled and diced |
| | 2 cups (500 mL) Yukon gold potatoes, peeled and diced |

Directions

1. Preheat oven to 350° F (180° C).
2. In a large oven proof stove top pot, heat oil over medium heat.
3. Add meat and brown for about 10 minutes. Add onion, garlic, thyme, black pepper and mushrooms and cook until the onions are soft, about 10 minutes.
4. Add soup stock, turnip and carrots and bring to a boil. Cover and place in the oven for 30 minutes.
5. In a small bowl mix cold water and cornstarch. Remove stew from the oven and stir in cornstarch mixture, sweet potatoes and potatoes. Cover and return to the oven for 30 minutes.
6. Remove the lid and cook for an additional 15 minutes. Serve.

Question of the Month

Q: My son only goes for white bread and pasta. How good are the white breads and pastas that claim to have "whole wheat nutrition"?

A: Processing grains removes fibre, vitamins, minerals and antioxidants – the nutrients that made them so beneficial. Food manufacturers may add some of these nutrients back in, but the grain is not as nutritious as it once was. It's impossible to replace the beneficial natural plant compounds such as antioxidants. The white with "whole wheat nutrition" items are better than the regular white products since they contain fibre. You just need to be aware that it's a different type of fibre. Bread and pasta made with whole grain wheat contain insoluble fibre, which is vital for regularity and preventing constipation — key for the estimated 30 percent of children who suffer from painful or infrequent bowel movements. The white with "whole wheat nutrition" products do not contain insoluble fibre. Instead, they are made with a powdered fibre called inulin, which is derived from the vegetable chicory. Inulin may aid digestion and calcium absorption, but it does not have the same beneficial effects on bowel habits.

The bottom line? Whole grains are always a better choice, especially if your kids struggle with constipation. The "whole wheat nutrition" products have some fibre, so they are marginally better than white bread and pasta.