IMPERIAL ACADEMY

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Greetings Imperial students, parents and faculty,

Mark your calendars! Our next *nutrition challenge* will run from November 30 to December 14. After receiving input from parents in our Parent Open House, the decision was made to run our nutrition challenge during the fall semester and the fitness challenge during the spring semester.

The nutrition challenge will be GUARD THOSE CARBS. For two weeks, participants will avoid any and all refined grains. I'd like to invite students, families and staff to join this schoolwide challenge. This announcement gives us almost a month to prepare mentally and physically for the challenge.

Before you make a decision on whether or not to accept this challenge, consider recent news about ultra-processed foods that was reported on the Trumpet Daily. A recent study of Canadian adults found that those who consumed the most ultra-processed foods were 40% more likely to show small areas of brain damage on MRIs compared to those who ate the least.

These brain changes can be early indicators for an increased risk of stroke and memory problems. A separate Harvard study of over 5,000 adults found that those who ate ultra-processed foods had a 58% higher risk of developing dementia. This is only the latest bad news about ultra-processed food.

In addition to these more recent studies, scientists already have shown that consuming ultra-processed foods leads to increased risks of obesity, type 2 diabetes and cardiovascular disease.

The ultra-processed foods in the Canadian study included packaged snacks, sugary drinks and processed meats. Though refined grains are only one part of the problem, they are a big one. Cutting out refined grains during this challenge will show you how much of them you eat in your regular diet and can motivate you to make long term changes. It will also leave you feeling better, especially after eating hearty meals during the Thanksgiving Break.

Students who take on this challenge *and* cut out refined sugars will also complete the third objective in the nutrition badge.

In our previous nutrition challenges, Mr. March sent out daily e-mails to participants

that educated them on the specific health topic and encouraged them to finish the challenge strong. We will do the same with this challenge. If you'd like to GUARD THOSE CARBS, you can e-mail Mr. Cole March and he will add you to his e-mail list.

Monday Letter miracle: This miracle was shared by 9th grader Chloe Cocomise in her Bible class. Chloe explained that she got sick before the Feast with "the cough." After the quarantine period was over, she was still coughing intensely. The family prayed about the situation since they were planning to attend the Panama Feast site and had already invested quite a bit of money into the trip. God answered their prayers and Chloe was well enough for the family to go. Chloe didn't miss a single service or activity of the Feast!

Forums: There will be a forum for 3rd-6th graders tomorrow in the sunroom. Local 7th-12th graders should go to DAPAC for their forum. Onliners can use the live-stream link to view tomorrow's forum. Bible 1-2 will run as usual.

Futures: Some clubs will run a bit differently this month. Club Alpha meets tomorrow during period 6. Club Omega and all *local* FHF and FHM speech clubs meet tomorrow after school. Online clubs Golf and Camelia will continue to meet on Tuesdays. All other *online* FHF and FHM speech clubs will meet on Wednesday after school. Next week will be FHF skills. You can view the activities calendar on Moodle for a complete layout of clubs this month.

Grading period ends: The second grading period ends this Friday, November 6. Midterm grades will post to sis.imperial-academy.org by the end of the day November 13.

Parents Night Out: This fundraiser, originally scheduled for November 29, will be rescheduled. Stay tuned for more details.

Lost and found: We've accumulated more items in our lost and found. Onliners, if you're missing anything after Royalty Week, please e-mail Miss Dattolo to see if we can locate it for you. Locals, please have a look and claim what might be yours. Next week, it becomes a "free pile," and whatever is left will be donated to Goodwill on November 16.

I will leave you with the words from Thomas Edison: "The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."

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