

Accept—**don't reject**  
Greetings  
from the  
Attention Deficit  
and Hyperactivity  
Support Group of  
Southern Africa

**ADHASA**

Helping the community  
for  years!

Useful information  
to help families with  
ADHD, and others ...

Please send this  
newsletter  
to anyone who could  
use it.

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Please note that  
ADHD refers to  
Attention Deficit  
Disorder with or  
without hyperactivity.



# Keeping up with ADD

May—June 2012

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## Tuck Shops

It's holiday time and tuck-shops are probably the last thing on your mind. However this is the best time to start thinking about next year's tuck-shop at your child's school, as it won't be long before they start putting out tenders for 2013.

The start of the new term is a good time for parents to insist on a tuck-shop that's going to benefit rather than harm your children. You want to make sure that whoever is in charge of your school's tuck-shop is going to be doing it with your children's best interest at heart, and not just their back pocket.

You will need to educate the school on the advantages of a decent tuck-shop: tuck-shops were originally introduced as a service to schools, they provided snacks for children who didn't have lunch. Sure, this is still a part of most tuck-shops but nowadays any reasonable foods are swamped by the

brightly coloured array of sweets, cool drinks and other sugary treats surrounding them.

One could hardly call them nutritious!

Think about it, how many kids are going to buy decent foods when all these prettily coloured treats beckon. They would have to have iron will-power. It becomes even more difficult for them, especially if they already have too many sweets and high carbohydrate foods and are constantly craving sugar.

Sadly to ensure maximum profit, even the 'better' products in tuck-shops are usually the cheapest foods available and they usually contain high levels of additives to restore flavour and colours which have been lost in over-processing. This is what our children are eating – supposedly to help them through the day.



The trouble is these additives can interfere with concentration, behaviour in the classroom and on the playground, create havoc with emotions and undermine health. Although healthy eating has been in the media for several years, there are still people who ignore these facts; and their children are the ones who come short. Have you ever wondered the extent to which your child could be affected?

**How much are you really paying for the ‘cheap and nasties’?**

The ADHASA resource book, *Teaching and ADHD in the Southern African Classroom*, is popular with doctors, teachers, therapists and parents. It covers many aspects of schooling and includes a couple of informative chapters on tuck-shops.

One of these is a report from a school that changed their own tuck-shop, and moved from selling junk to a tuck-shop crammed with healthy foods. It's valuable reading as it explains some of the difficulties encountered, and overcome.



Another chapter entitled, "Setting up a Healthy Tuck-shop", and written by Jeske Wellmann, explains how to go about setting up your tuck-shop, and suggestions for foods that should be sold.

Jeske points out that there are several key decisions to be taken, such as whether the tuck-shop is to be run by the school or outside caterers. Some do say they supply nutritious foods but make a point of finding out what they mean by 'nutritious'. Ask for examples. Foods are to be affordable to children, and also we must take note of what they are accustomed to eating. In addition she provides a list of suggestions for providing nutritious meals.

Thanks to Coach Lorí for putting this e-zine together.  
 Contact Lorí (Lori@MindFocus.co.za), if you want to improve your life, and or that of your children, utilising coaching to supplement the diet and create Skills, Strategies, Structure and Support.




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At the recent ADHASA Parents Conference we were work-shopping meals to improve concentration, and this included examining tuck-shops. Unfortunately we ran out of time and had to stop before we really tackled this subject.

Delegates had been given a list of foods, and were discussing parameters to help children the most. They had already commented on the importance of avoiding synthetic colourings, synthetic flavourings, and additives that were either unnecessary or could affect children adversely.

We had already spoken about the importance of trying to ensure that most meals had a low Glycaemic Index (GI), so that they would ensure a slow steady stream of glucose to the brain. Insufficient glucose, or else too much flooding the brain, can both interfere with and undermine concentration. **It's also vital to include protein.**

Here are a few of the ideas shared:

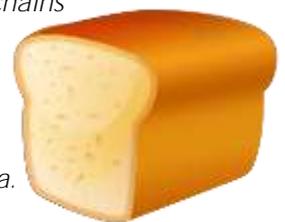
Fruit – OK for the tuck-shop.

Toasted Sandwiches:

**Bread Challenge:** Research has shown that the preservative calcium propionate can interfere with children's concentration. In some children it can precipitate wild and dramatic mood swings.

**Solution:** Schools usually purchase many loaves of bread each day – some supermarkets or smaller bakeries would be prepared to bake bread for them. As this would be a large and on-going order, schools should be able to negotiate a good price.

*In Australia some large supermarket chains have stopped making or selling bread containing calcium propionate. When enough people insist on bread without it, these breads will become more available in South Africa.*



**Butter Challenge:** Butter is far more pricey than margarine, and more difficult to spread.

**Solution:** Add oil to softened butter and spread, OR use a paintbrush to lightly brush melted butter onto the side to be toasted. The other side of the bread usually doesn't need any butter.

**Fillings:** Fillings that can be used include chicken mayonnaise, egg mayonnaise, cheese and tomato, peanut butter, and many more – check with the ADHASA Shopping Basket that they are OK.



**Note:** If schools join as paid up members of ADHASA, they automatically receive the book, *Teaching and ADHD in the Southern African Classroom*, and also the 'ADHASA Shopping Basket' booklet, which contains a list of over a thousand brand name products that are unlikely to affect sensitive children, or those with ADHD.

Use it to find products suitable for the tuck-shop.

Hamburgers

**The biggest question is "What is in the meat pattie?" Make sure it's 100% beef with no colourants or MSG included.**

Samp and Beans is sometimes served by schools in poorer areas. The combination provides protein to support concentration. Better served warm rather than steaming hot. The same applies to mealie meal porridge and beans/gravy.

Macaroni Cheese – warm and filling for a cold day.

**Challenge(1):** Some of the cheaper brands of pasta have added flour improvers to the mix. If you see **this on the list of ingredients, don't buy the product.** Flour improvers can be a cocktail of chemicals designed to stretch the raw dough so that producers can get more boxes of pasta for their money.

**Challenge (2):** Pasta made from just wheat will probably have a High GI – best avoid it. Also check that your pasta doesn't contain any artificial colourants.

**Solution:** Buy only pastas made from durum wheat or semolina; avoid flour improvers and synthetic colourants. Brown (whole-wheat) pasta is usually the best.

Popcorn

A popcorn machine could be a brilliant investment for the tuck-shop – after the initial outlay it certainly provides a good profit. Avoid the synthetic toppings that have been introduced. Packets of flavoured popcorn are to be avoided.

These are just a few ideas you can incorporate as you plan a healthy tuck-shop. Initially it might seem like mission-impossible, but many of the challenges you face fade into the background when children settle down at school, achieve far more and in general are happier. This has been the experience of many schools in South Africa. Our fellow support groups on different continents report the same.

*Heather Picton*



## ADHASA NEWS

**Life is full of contradictions and we're experiencing them at ADHASA.**

 On one hand we urgently need finances. Without them we cannot **continue providing our range of services, and worse still we've even** wondered about the future of ADHASA.

However we decided that we are going to be optimistic and work on the principle that ADHASA will survive! There are still too many people struggling with ADHD and not knowing which way to turn. They need our help.

 On the other hand there is the most amazing energy in the group and so much is happening. Several people have volunteered their services and **we're waiting to hear from SAIDA for the date of their next volunteers** counselling training course.

**After that one we'll be providing our own counselling training courses.**

Our Branch Training (explaining ADHASA, ADHD and Running a Branch) has been totally revamped and will soon be sent to all branches. Certificates will be awarded to those who complete the course.

**We're currently examining a range of omega 3 products, and the benefits** they offer.

**There are so many good things happening that we can't include them all** here – but all are designed to create better services for you, our members. **You'll be hearing more about them in our emails.**

Workers and Volunteers

**We have amazing volunteers however it's vital that there are a couple of** regular people at the centre of it all; people that are available every single day, with their finger on the pulse of ADHASA.

These are the people that co-ordinate it all, that hold it all together. Without our two paid workers it would be a totally different picture. We also have a paid worker at the Soweto Help Desk which opens basically the same times as National Office.

**We're most grateful to those who have sent donations ....** every contribution (no matter how small or large) helps.

There are other ways in which you can help:

Put ADHASA as a beneficiary on your My School Card. Please remember that if you have already joined with your school listed as the beneficiary, ADHASA can always be added. If every reader or member who shops at Woolworths e.g. were to do so, our financial challenges would be minimized. You can help without it costing more than a few minutes of your time to register our name on your card.

**If you know of a company who is looking for the right NPO for their Social Responsibility portfolio, tell them about us.**

Dates to Remember - Find your diary and a pencil and be ready to mark:

Saturday 4th August – ADHASA Adult ADHD Seminar

Friday 14th September – ADHASA Awareness Day

– Buy and wear your ADHASA ribbons @ R5 each

– ADHASA Gala Dinner (evening)