

School District #62 (Sooke)

Nutrition and Healthy Lifestyles	No.: C-402
	Effective: Apr. 27, 2004 Revised:

School Board Policy

The Board of School Trustees believes that it has a shared responsibility with parents/guardians and the community to ensure that students develop healthy lifestyles that include a focus on healthy nutrition and physical activity.

Although the primary responsibility of schools is to foster student achievement, there is substantial research that shows a clear connection between nutrition, physical activity and learning. Healthy, well-nourished children are more prepared to learn, more likely to attend class and able to take advantage of educational opportunities.

Physical activity has an impact on student achievement, including increased concentration, improved mathematics, reading and writing test scores, and reduced disruptive behaviour.

The Board desires that schools ensure that food choices available in schools and nutrition education support the development of healthy eating habits. Students cannot practice what they learn if they are offered mostly foods and beverages high in fat and sugar.

This policy is intended to encourage schools to continue to enhance learning opportunities regarding healthy lifestyles for students, both with regard to nutrition and physical activity and to do this in a coordinated and collaborative way to ensure the initiatives provide students with knowledge through education, have a supportive environment where practice of skills and knowledge are actively encouraged and services and resources are available to support the healthier choice.

The Board also desires that schools review their physical education and physical activity programs to help ensure that students are physically active. The Board recognizes the value of physical education courses for the majority of students and it encourages schools to identify and implement physical activity programs that capture the interest of students who are not normally active in physical education classes.

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Administrative Regulations

A. Healthy Lifestyles District

1. The Board will establish a healthy lifestyles committee comprised of partners important to the health of students to assist with the implementation of the policy and regulations
2. The District will work with communities on issues that are important to the health and well-being of students.

B. Nutrition and Healthy Lifestyles Curriculum

1. The District will establish a Nutrition Education Committee to review the curriculum in Personal Planning, Science, Physical Education and Home Economics and other appropriate curricula to develop a "Scope and Sequence" for the provision of nutrition education. Committee members will consist of teachers, students, public health representatives, administrators and parents/guardians.
2. Schools will use the Scope and Sequence to develop and provide nutrition education to ensure a continuum of nutrition learning for students K – 12. Scope and sequence of physical education will be developed and linked with nutrition education.

C. Food Services in Schools

Definition: Food Services includes:

- Vending machine services
- Meals programs
- Cafeteria and canteen services
- Food-based fun days and activities
- Food-based reward programs

Food Services to students should support the curriculum regarding nutrition and healthy lifestyles. Schools will provide adequate time for students to eat their lunch (minimum 20 minutes).

1. Vending Machine Services:
 - a. Generally, vending machines are acceptable in middle and secondary schools.
 - b. Parents (PAC), staff and students must be consulted prior to vending machines being installed in schools (present vending machines are grandfathered).
 - c. Vending machine contracts must be approved by the Superintendent or designate.
 - d. Healthy foods, consistent with the Canada Food Guide (see Appendix A for Healthy Choices Guidelines) must make up the majority of choices in the machines when possible.

- e. Healthy foods consistent with Canada's Food Guide to Healthy Eating must be identified prominently on the vending machine.
 - f. Healthy foods must be priced significantly lower than foods high in sugar, saturated and trans fats and salt (research shows minimum 15% make a difference in point of purchase).
 - g. Advertising on vending machines must support healthy choices.
2. Meals Programs, Cafeteria and Canteen Services:
- a. Foods served must be consistent with Canada's Food Guide to Healthy Eating and Healthy Choices Guidelines (see Appendix A) and support the nutrition curriculum of the District.
3. Food-Based Fun Days and Activities:
- a. A broader range of food options is acceptable provided such activities are of an intermittent nature. Nevertheless, schools should consider the Healthy Choices Guidelines whenever possible.
4. Food-Based Rewards Programs:
- a. Schools should consider healthy nutrition and modelling issues when choosing food as a reward for students. Examples: use stickers, recognition bulletin boards, recreation centre passes rather than food rewards such as candies and/or cookies.
5. Fund Raising Activities
- a. Food-based fundraising activities should be reflective of healthy nutrition.

D. Physical Activity

Physical activity includes physical education courses and physical activity programs K – 12.

- 1. The District will convene a Physical Activity Review Committee comprised of teachers, students, parents/guardians, public health representatives and administrators to:
 - a. prepare a Scope and Sequence for rigorous physical activity K – 12.
 - b. identify activities and approaches that encourage students that do not participate in physical education classes to be physically active on a daily basis, and that develop an appreciation for physical activity. Such activity may occur at school in P.E. or out of school, and incorporate a variety of team and individual activities.
 - c. all schools are encouraged to provide opportunities for students to be active in ways that are relevant to them as individuals.
 - d. elementary schools are encouraged to explore ways of incorporating physical activity into the daily routines and extracurricular field trips of the school.
 - e. link nutrition and physical activity to ensure students understand the importance of how they combine to support healthy lifestyles.
 - f. encourage schools to become "action schools".

E. Partner Groups

Partner groups include:

- Parents/Guardians

- School Parent Advisory Councils
 - District Parent Advisory Council
 - Businesses
 - Community Recreational service providers
 - Public Health representatives
 - School Planning Councils
 - Physicians and other health care practitioners
 - Cities, municipalities and other local governments
1. Schools are encouraged to develop partnerships with service providers to extend student healthy lifestyles.
 2. Schools, in conjunction with their Parent Advisory Councils, are encouraged to develop a Code of Nutrition and Physical Activity.
 3. The District and its schools are encouraged to increase communication between the school and family by providing nutrition and physical activity information. This may be accomplished through:
 - a. regular student newsletters
 - b. encouraging parents/guardians to participate in relevant health related "homework" or school health activities
 - c. a parent/guardian resource page on the District website
- F.** District staff will prepare an annual report to the Board regarding the implementation of the Nutrition and Healthy Lifestyles policy.

Appendix

Canada's Food Guide