

School Wellness

The Northern Lights School Division is committed to promoting healthy lifestyles and offering healthy and nutritious foods. The Northern Lights School Division will offer food choices consistent with *Eating Well with Canada's Food Guide* at all occasions where food is served.

The Board of Education promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The NLSD will balance the goals of this policy with budgetary considerations.

The NLSD will establish and maintain a Wellness and Nutrition Committee. The purposes of the committee shall be to monitor the implementation of this policy, evaluate the NLSD's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the committee deems necessary and/or appropriate.

Purpose:

1. To take a leadership role to fulfill our mission of students having enhanced life experiences by developing skills, knowledge, and attitudes within the cultural context of engaged Northern communities.
2. To apply and acknowledge the importance of food choices on disease prevention and overall health.
3. To promote physical activity as part of a healthy lifestyle.
4. To promote healthy lifestyle choices for all.
5. To support healthy environments where the healthy choice is the easy choice.
6. To ensure that all breakfast and lunch and snack programs and vending machines shall **only** offer choices consistent with *Eating Well with Canada's Food Guide* and the associated AP.
7. To ensure that if food is brought in by an outside vendor, they will be informed of, and shall follow this, policy.
8. Foods shall be prepared, served, and stored according to Public Health Food Safety standards as described in the associated AP.

To further the Board's purpose stated above, the Board adopts the following goals:

Goal #1. The NLSD will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviours.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such a learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

In providing a comprehensive learning environment

The NLSD shall:

1. Implement health and nutrition education accordingly, including age-appropriate student demonstration of such knowledge that teaches students about the effects of nutrition and physical activity on their health.
2. Provide age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
3. Actively promote healthy eating, health awareness, and physical activity to students, parents, school staff, and the community.
4. Integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.
5. Make available staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.
6. Make available parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the NLSD's web site, articles and information provided in NLSD or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.
7. List the nutrition education goals and annually report to the public how those goals are being met.

Goal #2. The NLSD will support and promote proper dietary habits contributing to students' health status and academic performance.

All foods and beverages sold on school grounds and at school-sponsored activities shall meet or exceed *Eating Well with Canada's Food Guide*

In supporting and promoting proper dietary habits

The NLSD shall:

1. Ensure that all students have access to fresh fruits and vegetables wherever possible, and encourage an increase in whole grains and dietary fiber in school meals.
2. Encourage food service staff to look for opportunities to increase fresh foods and provide healthy nutritious choices for students.
3. Strongly encourage school fundraisers to offer healthful food choices, per *Eating Well with Canada's Food Guide*
4. Encourage non-food/drink reinforcement strategies for the discipline and reward of students.
5. Prohibit any commercial advertising of food in the NLSD that does not meet *Eating Well with Canada's Food Guide*
6. Not provide students any food prior to lunch that does not meet *Eating Well with Canada's Food Guide* standards except for half-day programs.
7. Provide accessible current information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold to students.
8. Ensure that drinks provided to students meet *Eating Well with Canada's Food Guide*
9. Support the Wellness and Nutrition Committee's efforts to examine the effect of wellness policies.

Also see:

AP 218 FOOD AND NUTRITION – APPENDIX