

Nutrition Policy

Lee Ridge

School

2009 – 2010

*Bright futures
begin here*



apple
SCHOOLS

Alberta Project Promoting
active Living & healthy Eating



EDMONTON PUBLIC SCHOOLS

Completed with the input of the APPLE Core committee made up of:

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Background

1) Lee Ridge School's Nutrition Policy Goal:

To ensure that there is a common application and understanding of the need for nutritional guidelines in our school and the resulting positive affect for the health and academic achievement of all students.

2) Edmonton Public School Policies:

CODE: GBE.AR

TOPIC: Health and Wellness of Staff and Students

EFFECTIVE DATE: 07-03-2008

ISSUE DATE: 13-03-2008

REVIEW DATE: 03-2013

Promoting Nutrition Education and Healthy Eating in School Communities

1. The principal of each school must ensure that strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating. In fulfilling this expectation schools will:
 - establish linkages between health education and foods available at the school,
 - promote nutrition education and positive food messages provided by the District,
 - schedule lunch breaks that provide time for eating and recreation,
 - limit the use of food items as rewards,
 - include foods from the *choose most often* and *choose sometimes* categories on special occasion days.
2. Schools will promote healthy, reasonably priced food choices when food is sold or otherwise offered. In fulfilling this expectation, principals, in consultation with the school community, will plan to:
 - access expertise in the community through partnerships, programs, referrals etc.,
 - offer healthy foods in meal combinations in all places,
 - offer foods that are in the *choose most often* and *choose sometimes* categories
3. All schools communities will examine their nutrition practices and provide opportunities, support and encouragement for staff and students to eat healthy foods. In fulfilling this expectation staff may do things such as:
 - create their own health and wellness team that includes staff, parents and students,
 - choose healthy fundraising options
 - create an environment where healthy foods are available, affordable and promoted as the best choice,
 - review options with food suppliers to maximize the nutritional value of the items,
 - define the frequency of special food days in yearly calendars and ensure that healthy food items are available on those days.

HEALTH AND WELLNESS OF STAFF AND STUDENTS POLICY

Edmonton Public Schools Board Policies and Regulations

CODE: GBE.BP

TOPIC: Health and Wellness of Staff and
Students

EFFECTIVE DATE: 12-06-2007

ISSUE DATE: 14-06-2007

REVIEW DATE: 06-2012

The Board believes that employees and students who are emotionally healthy, well nourished and physically active are better able to achieve the goals of education.

The Board is committed to working with parents, community members, organizations and government to foster lifelong habits that improve the health and well-being of employees and students.

The Board encourages each school and central decision unit to maintain a supportive environment that develops the knowledge, skills and attitudes necessary to enable individuals to make choices that foster emotional health, healthy eating and active living.

Reference(s):



3) Feedback and Input from Lee Ridge School Parents – 95% of respondents indicated that the school should limit the use of junk food in the school and 83% indicated that junk food should be banned from the school altogether.

4) Vision Statement for Lee Ridge:

An active, supportive and positive school community that empowers everyone to make healthy choices.

5) Mission Statements:

Lee Ridge will foster a healthy school environment that supports students, staff, parents and community members to choose healthy, active lifestyles. Active living and healthy eating habits will be encouraged and supported by sustainable programs within the school community.

Lee Ridge will empower everyone to make educated choices towards leading healthy lifestyles. A sustainable and positive environment will be a constant force in making the healthy choice the only choice within the school community.

Lee Ridge will work towards sustaining a goal of health for all. Every student, staff, family and community member is knowledgeable and empowered to make healthy choices.

6) Scope

Lee Ridge School's Nutrition Policy will affect all areas and circumstance that involve the consumption of food by our students – food as rewards, Daily Snack Program, hot lunch program, family barbecue, recess snacks, student lunches, class parties, celebrations and holidays, school supported programs (e.g. Kids in Action)

a) Food as Rewards - The staff of Lee Ridge School will not use food or beverages, as rewards for academic performance or desired behaviour.

(See appendix entitled Healthy Rewards for alternatives)

Rationale - What's the harm of a "little treat"? Using food to reward children is easy and works well, but, this practice can lead to problems in eating habits, oral health and nutrition.

(See appendix entitled Myths and Realities)

It is important to be consistent when teaching children. Rewarding with unhealthy food contradicts the healthy eating messages that teachers promote.

Children may learn that the reward food is more valuable than other foods.

It is confusing to a child to reward a positive behaviour with something that can have negative health effects

(Reference - Capital Health, Edmonton, AB, Regional Nutrition and Food Service Revised February 2007 RNFS23031)

Rewarding children with food sends them the wrong message and teaches them to eat when they are not hungry.

b) Daily Snack Program and Hot Lunch Program - foods and beverages offered at school-supported events outside the school day will follow the Top-notch Snacks or Choose Most Often guidelines.

(See appendices entitled:

- *Top-notch Snacks (Alberta Nutrition Guidelines for Children and Youth)*
- *Excerpt from March 11, 2008 Board Report - Health and Wellness Plan in Response to Trustee Motion Appendix IV - DRAFT Alberta Nutrition Guidelines for Children and Youth)*

c) Celebrations and Holidays - Lee Ridge School will limit celebrations that involve food during the school day to typical celebrations (Halloween, Christmas, Valentines Day, student birthdays, etc). Any school-hosted party will include food from the Top-notch Snacks guidelines or Choose Most Often guidelines.

(See appendices entitled:

- Healthy Classroom Parties and Healthy Eating for Holidays
- Excerpt from March 11, 2008 Board Report - Health and Wellness Plan in Response to Trustee Motion Appendix IV - DRAFT Alberta Nutrition Guidelines for Children and Youth)
- Top-notch Snacks (Nutrition Guidelines for Children and Youth)
- Choose Most Often guidelines

c) School Supported Programs (e.g. Kids in Action) - foods and beverages offered school-supported events outside the school day will follow the Choose Most Often guidelines

(See appendix entitled:

Excerpt from March 11, 2008 Board Report - Health and Wellness Plan in Response to Trustee Motion Appendix IV - DRAFT Alberta Nutrition Guidelines for Children and Youth)

d) Fundraising - To support student's health and school nutrition-education efforts, school fundraising activities will include food from the "choose most often category".

Lee Ridge School will encourage fundraising activities that promote physical activity.

References:

- 1) Steps to a Healthy School Environment: School Nutrition Handbook, developed by Registered Dietitians, Regional Nutrition and Food Service, Alberta Health Services (Edmonton area)
- 2) Alberta Nutrition Guidelines for Children and Youth, Alberta department of Health

Copies of these will be readily available for all staff in the staffroom

Appendix Links:

- 1) **Healthy Rewards – p. 12**

<http://www.everactive.org/uploads/files/Documents/Nutrition%20Resources/SNH%20Part%201%20-%20June%202009.pdf>

- 2) **Myths and realities - p. 10**

<http://www.calgaryhealthregion.ca/programs/nutrition/pdf/SchoolNutritionHandbook/SNHPart1/SNH%20Part%201D%20-%20Healthy%20Eating%20Guidelines%20for%20Schools.pdf>

- 3) **Top Notch Snacks – p.63**

<http://www.health.alberta.ca/documents/Nutrition-Guidelines-2008.pdf>

- 4) **Healthy Classroom parties – p. 42**

<http://www.everactive.org/uploads/files/Documents/Nutrition%20Resources/SNH%20Part%201%20-%20June%202009.pdf>

- 5) **Healthy eating for the Holidays – p43**

<http://www.everactive.org/uploads/files/Documents/Nutrition%20Resources/SNH%20Part%201%20-%20June%202009.pdf>