



**POLICY NO. 5120
HEALTHY SCHOOLS**

POLICY

With a shared focus on healthy nutrition and physical activity, the Board of Education believes that parents/guardians, the community and schools must work together to ensure that students have the best opportunity to learn and to develop healthy lifestyles.

The Board believes that schools should work with parents/guardians, Parent Advisory Councils and the community to educate students regarding the benefit of eating nutritious foods. It further believes that where food and beverage services are provided, nutritious choices must be offered.

The District and all schools in School District No. 6 will develop and implement practices consistent with the regulations set out in this Policy.

REGULATIONS:

1. Nutrition and Healthy Lifestyles Education

Schools will ensure that the nutrition and healthy lifestyle segments of curricula are taught as per the Learning Outcomes in courses such as Health and Career Education, Personal Planning, Science, Physical Education, Home Economics, Cook Training/Cafeteria and other relevant Integrated Resource Packages.

Schools will promote healthy lifestyles by offering nutritious food choices and education. The District and its schools are encouraged to increase communication between the school and family by providing nutrition and wellness information.

2. Nutritional Needs of Students

Schools will work with parents/guardians, Parent Advisory Councils, and the community to address the nutritional needs of students, including students whose days are extended due to transportation or student activities.

3. Food Services in Schools

Food Service includes vending machine services, meal programs, cafeteria services, food served at fun days, during school-sponsored activities and food served as a reward.

Schools will ensure that the following regulations are implemented:

3.1 Vending Machine Services when vending machines are in schools:

The pictures on the vending machines shall portray healthy food choices.

Renewal of contracts with vending machine companies must honour the Nutrition Policy regulations.

Schools will ensure that food available in the vending machines is from the “Sell Most” and “Sell Sometimes” categories, with at least 50% of choices being from the “Sell Most” category.

100% of beverages in vending machines will be in the “Sell Most” category.

- 3.2 Cafeteria and School Lunch Programs

Food and beverage choices shall be from the “Sell Most” and “Sell Sometimes” categories, with at least 50% of choices being from the “Sell Most” category.
- 3.3 Special Events and Celebrations

A broader range of food options is acceptable provided such activities are of an intermittent nature. Nevertheless, schools should consider the above guidelines. Student bake sales which are of an intermittent nature may be recognized as special events.
- 3.4 Fundraising

Food items sold by students and schools as fundraisers will be consistent with the “Sell Most” category with an understanding that there are many options for fundraising that do not involve food.
- 3.5 Community Contributions

When students are bringing food items to school for contribution to such community services as the Food Bank, students and staff will be encouraged to contribute items which are in the “Sell Most” category.
- 3.6 Rewards

Reward is an item used conditionally for behaviour. This does not include celebration, tradition or routine events.

The decision to use food rewards in schools and classrooms can undermine the above guidelines. Before food rewards are offered, schools should consider student health issues, nutritional value, frequency and quantity of such rewards, healthy role modeling and long-term behavioural impact when arriving at a decision. An alternative to food rewards should be offered whenever a reward is considered.
- 3.7 Food or beverages containing sugar substitutes (artificial and intense sweeteners) may not be sold in elementary schools.
4. Principals or administrators of each site shall review this policy with staff and Parent Advisory Councils annually to ensure that practices are consistent with the Policy and the Ministry Guidelines.
5. It is expected that schools will be in compliance with the “Guidelines for Food and Beverage Sales in B.C. Schools”. The goal of the guidelines is to maximize students’ access to “Sell Most” and “Sell Sometimes” options.

References

Dairy Foundation School Milk Program

Canada's Food Guide

(Guidelines for Food and Beverage Sales in B.C. Schools (2013) developed by Ministry of Education & Ministry of Health)

Fundraising can be Fun Raising, Community Nutritionists' Council of B.C.