



## School District No. 27 (Cariboo-Chilcotin)

### HEALTH PROMOTING SCHOOLS

**Policy No. 5141.1**

Effective: December 2006

Initial Adoption: December 2006

#### **Preamble**

The Board of School Trustees believes that students learn more proficiently when they eat nutritious foods and lead active lives. The Board believes that it is incumbent upon our schools and all district worksites to promote Healthy Lifestyles. Further to that, the Board supports the premise that schools should educate their students, staff and parents to the benefits of eating nutritious foods and exercising regularly.

The Board of School Trustees believes that this Health Promoting Schools Policy will assist students in attaining their full educational potential and will contribute to the wellness of the community-at-large.

#### **Policy**

**The Board of School Trustees requires all schools to meet or exceed the 2005 Ministry of Education and Ministry of Health Guidelines For Food and Beverage Sales in BC Schools.**

#### **Regulations**

The District and the schools should work cooperatively in the development and implementation of a Health Promoting School Policy at each school. Each school shall develop and implement a Healthy Promoting School Policy that meets or exceeds the 2005 Ministry of Education and Ministry of Health Guidelines For Food and Beverage Sales in BC Schools. Each of these policies must address the following:

1. A health-promoting environment in the school, where practice of skills and knowledge of Healthy Lifestyles are actively encouraged.
2. A comprehensive Healthy Lifestyles education program that encompasses daily physical activity and Nutrition knowledge which augments, supports, and is supported by the Ministry of Education curriculum.
3. Food served at the school (i.e. food and meal programs, vending machine products, special meals days, food for fundraising, contracted food services, sporting events, and food used as a reward) that is nutritious and offers healthy alternatives and choice.
4. A co-operative effort between the school and community partners that strengthens connections and services. i.e. Interior Health, City of Williams Lake, Village of 100 Mile House, local vendors, etc.)

The District will prepare an implementation plan and will submit an annual

progress report to the Board regarding the Health Promoting Schools Policy across the District and within schools.

- A. In order to assist schools in the development and implementation of their policy, the District will:
  - 1. identify groups, individuals, and additional resources to assist schools with the development and implementation of a school policy.
  - 2. work with communities and school groups on issues that are important to the health and well being of students.
  - 3. encourage school staff to review the current approved curriculum and resources for the provision of Healthy Lifestyles and Nutrition education.
  
- B. In order to develop a school policy, schools will:
  - 1. ensure the appropriate IRP's are followed to provide a continuum of Healthy Lifestyles and Nutrition learning for students K-12. Examples of appropriate IRP's include Health and Career Education, Science, Physical Education and Home Economics.
  - 2. create an environment where the healthy choice is the easy choice. Foods offered to students should support the curriculum regarding Healthy Lifestyles and Nutrition.

The Board offers the following directions and guidelines as a framework for schools in the development of their individual policy.

- 1. Regular Student lunches.
  - a. Schools are encouraged to review their lunch-time procedures in order to provide an eating environment that is conducive to a healthy mealtime, including adequate supervision, sufficient time to eat, and a clean and comfortable surrounding.
  
- 2. Vending Machine Services:
  - a. The Board recognizes that vending machines are in many schools.
  
  - b. Parents (PAC), staff and students shall be consulted prior to new installation or contract renewal of vending machines. (Present vending machines will be grandfathered until expiry of current contracts).
  
  - c. Healthy foods, consistent with the 2005 Ministry of Education and Ministry of Health Guidelines For Food and Beverage Sales in BC Schools must make up the majority of choices in the machines.

- d. Healthy food choices must be placed in the most prominent positions in the machines (e.g., water/fruit juices where they are most easily viewed).
  - e. Healthy foods and beverages would best be priced significantly lower than foods high in sugar, saturated and trans fats, and salt (research shows minimum of 15% difference at point of purchase).
  - f. Advertising and vending machines must support healthy choices.
3. Meal Programs, Cafeteria and Concessions:
- a. Foods served should follow 2005 Ministry of Education and Ministry of Health Guidelines For Food and Beverage Sales in BC Schools and the Health Promoting Schools Policy of the District.
  - b. Schools are encouraged to consult with Community Nutritionists regarding when developing menus for meal programs, cafeterias and concessions.
4. Fun Days, Sporting Events and Classroom Activities:
- a. Schools will consider the Healthy Choices Guidelines when planning events and activities.
5. Food-Based Rewards Programs:
- a. Ideally, food should not be used as a reward: however, schools should model healthy nutrition if choosing food as a reward for students.
  - b. Use stickers, recognition bulletin boards, recreation centre passes, etc. rather than food rewards.
6. Fund Raising Activities:
- a. Food-based fundraising activities will be governed by the 2005 Ministry of Education and Ministry of Health Guidelines For Food and Beverage Sales in BC Schools.
7. Pricing:
- a. Pricing should encourage the selection of healthy food and beverage choices.
- C. Guidelines for Implementation
- 1. Schools, in conjunction with their Parent Advisory Council, should consider the link between nutrition and physical activity and health as it relates to the entire school community. Initiatives that are

supported and driven by input from parents, students, staff, and community partners, will have the greatest impact and chances for success.

2. Schools are encouraged to develop partnerships with service providers to support healthy lifestyles for its students. Partner Groups include:
  - i. Parents/Guardians
  - ii. Community Recreational service providers
  - iii. School Groups & School District Staff
  - iv. Public Health representatives
  - v. School Parent Advisory Council
  - vi. School Planning Councils
  - vii. District Parent Advisory Council
  - viii. First Nations
  - ix. Physicians and other health care practitioners
  - x. Businesses
  - xi. Municipalities and other local governments
  
3. The District and its schools are encouraged to work cooperatively to increase communication between the school and home by providing information and opportunities for involvement. At the discretion of each school, this may be accomplished through:
  - a. providing information via regular student newsletters that are sent home
  
  - b. encouraging parents/guardians to participate in relevant health related “homework” or school health activities

Note: The “Guidelines for Food and Beverage Sales in B.C. Schools 2005” by the Ministry of Education & Ministry of Health form the Attachment to Regulations.