

Nutrition Policy



2014 - 2015

In Partnership with:



EDMONTON PUBLIC SCHOOLS



**Alberta Project Promoting
active Living & healthy Eating**

Making the healthy choice the easy choice!

Background

1) Brightview School's Nutrition Policy Goal

Brightview School community and its partners will serve nutritious food for its students and staff in order to support health and wellbeing.

2) Edmonton Public School Policies

A)	Code: GBE.AR	Effective Date: 07-03-2008
	TOPIC: Health and Wellness of Staff and Students	Issue Date: 13-03-2008 Review Date: 03-2012

Promoting Nutrition Education and Health 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 in the schools,
 - 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 school 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.

B)

CODE: GBE.BP

TOPIC: Health and Wellness of
Staff and Students

EFFECTIVE DATE: 12-06-2007

ISSUE DATE: 14-06-2007

REVIEW DATE: 06-2014

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.

3) Feedback and Input from Brightview School Parents

4) Vision Statement for Brightview

Brightview School is an integral part of the community that implements and supports environments to develop and practice life-long healthy life style habits.

5) Scope

Brightview School's Nutrition Policy affects all areas and circumstances that involve the consumption of food provided by the school for our students.

This includes:

- Food as Rewards
- Food Sales
- Serving Food
- Celebrations and Holidays
- Fundraisers
- Healthy Environment and Staff Wellness

Brightview School uses the food rating system provided by the Alberta Nutrition Guidelines for Children and youth

a) **Food As Reward**

The staff of Brightview School chooses alternatives to food and beverages as rewards for academic performance or desired behaviour. If food and beverages are to be used then selections are made from the Food Rating System: **Choose Most Often** category.

See appendixes entitled:

- Healthy Reward Alternatives
- The Food Rating System (Alberta Nutrition Guidelines for Children and Youth)
- Healthy Eating for Children and Youth in Schools

b) **Food Sales**

Food and beverages sold at the school follow the Food Rating System and are considered **Choose Most Often** and **Choose Sometimes** food.

This includes, but is not limited to:

- Hot lunches
- Vending Machines

See appendixes entitled:

- The Food Rating System (Alberta Nutrition Guidelines for Children and Youth)
- Healthy Eating for Children and Youth in Schools

c) Serving Food

Food and Beverages offered during school hours, at school supported events both during and outside of school hours, follow the Food Rating System for ***Choose Most Often*** and ***Choose Sometimes*** guidelines.

This includes, but is not limited to:

- Hot lunches
- Daily Snack Program
- Barbeque
- Cooking Club
- Whole School Events
- Staff Events

See appendixes entitled:

- The Food Rating System (Alberta Nutrition Guidelines for Children and Youth)
- Healthy Eating for Children and Youth in Schools

d) Celebrations and Holidays

Limit celebrations that serve food during the school day to typical celebrations and serve food from the Food Rating System for ***Choose Most Often*** and ***Choose Sometimes*** guidelines.

This includes, but is not limited to:

- Halloween
- Christmas
- Valentine's Day
- Student Birthdays

Teachers who choose to provide or organize snacks for their class use food that meets the Food Rating System guidelines for ***Choose Most Often Foods*** and ***Choose Sometimes***.

See appendixes entitled:

- Healthy Classroom Parties and Health Eating For Holidays
- The Food Rating System (Alberta Nutrition Guidelines for Children and Youth)
- Healthy Eating for Children and Youth in Schools

e) Fundraising

To support student's health and school nutrition-education efforts, school fundraising activities include food from the Food Rating System: ***Choose Most Often*** and ***Choose Sometimes*** guidelines.

Brightview School encourages fundraising activities that promote physical activity and healthy eating.

f) Healthy Messages

Bulletin boards, visual reinforcements and environments that include food or activity, promote and reinforce healthy choices and messages being taught in Brightview School.

g) Staff Wellness

Brightview Staff recognizes that role modeling can greatly enhance healthy behaviours for students. All staff events and small group activities that involve food for staff contain foods from the Food Rating System: Choose Most Often and Choose Sometimes guidelines.

6) Student Differences

Brightview School recognizes that each individual is different and accommodations have to be made depending on the situation that arise. Brightview School staff are asked to use their discretion when making healthy choices to ensure that students are exposed to messages about healthy choices at school and support the concept of they healthy choice being the easy choice for all students.

References

1. Alberta Nutrition Guidelines for Children and Youth, Alberta Department of Health
2. Healthy Eating for Children and Youth In Schools, Government of Alberta
3. Single Serving Packaged Food List, developed by Alberta Health Services Registered Dietitians and Nutritionists on the Alberta Provincial Nutrition Task Force on Comprehensive School Health
4. Steps to a Healthy School Environment: School Nutrition Handbook, developed by Registered Dietitians, Regional Nutrition and Food Services, Alberta Health Services (Edmonton Area)

Appendix List

- 1. Healthy Eating For Children and Youth In Schools ~ select pages**
<http://www.healthyalberta.com/Documents/Healthy-Eating-Schools-2011.pdf>
- 2. Health Rewards For Alternatives ~ p.29**
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-handbook.pdf>
- 3. Healthy Classroom Parties ~ p.30**
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-handbook.pdf>
- 4. Healthy Eating For Holidays ~ p.31-32**
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-handbook.pdf>
- 5. Healthy Fundraising Ideas ~ p.28**
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-handbook.pdf>
- 6. Food Rating System Guidelines ~ p.14-29**
http://www.healthyalberta.com/Documents/FINAL_Nutrition-Guidelines-AB-2011.pdf