



Administrative Procedure: Healthy Eating in Schools

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1.0. Rationale

- 1.1.** Schools at the Superior North Catholic District School Board have an obligation to promote the health of students while they attend school, and to promote healthy lifestyle practices. Building on an overall plan to help develop healthier lifestyles in our children and youth, the government introduced the Healthy Food For Healthy Schools Act. The Act addresses healthy eating in schools, including dropping trans fat from food and beverages sold in schools.
- 1.2.** While classroom teaching provides students with the basic philosophy and rationale for food selection, other food service provides the environment to implement and reinforce what is taught. The school is therefore, an important part of the learning system.
- 1.3.** The Superior North Catholic District School Board believes what a student eats has a direct impact on his or her academic performance. Students who are poorly nourished will fatigue easily, be less attentive in class, less able to sustain prolonged physical or mental efforts and may miss more school due to illness. The result is decreased student receptivity to the learning experience.
- 1.4.** The Superior North Catholic District School Board believes good nutrition can reduce an individual's risk of certain chronic diseases that are prevalent in our society.

- 1.5. Frequent consumption of high fat food items such as chocolate bars, candy, french fries, potato chips, cakes and doughnuts, is not promoted by the Canada Food Guide. For this reason, availability of these foods should be limited while promoting healthier food options as outlined in this procedure. The long term goal of the Board is to do everything possible to ensure that each student acquires positive attitudes and decision making skills necessary to make sound nutritional choices.
- 1.6. The Superior North Catholic District School Board believes an important reason for the promotion of healthy eating in the school environment is the connection with healthy body image. The development of a realistic body image is critical in childhood and adolescence because it is highly associated with positive levels of self-esteem and with reduced stress levels.

2.0. Procedures

- 2.1. All foods sold in schools and at school events will comply with the standards as outlined in PPM 150 and Healthy Eating in Schools Policy. There may be up to ten (10) special event days during the school year where foods and beverages sold in schools are exempt from the standards.

3.0. Roles and Responsibilities

3.1. Principal's Responsibilities:

- Ensure that only foods and beverages that comply with the standards as outlined in PPM 150 and Superior North Catholic District School Board Healthy Eating in Schools Policy are sold to students in their schools
- Communicate Superior North Catholic District School Board's Policy and PPM 150 to parent or guardian, staff, students, volunteers, community partners and food service providers annually.
- Provide training for staff about Superior North Catholic District School Board's Healthy Eating in Schools Policy, implementation and healthy eating practices.
- Avoid offering food or beverages as a reward or an incentive for good behavior, achievement or participation.
- Coordinate resources to support staff, parent/guardians and students in the Implementation of Superior North Catholic District School Board's Healthy Eating in Schools Policy;
- Communicate special event days to parents/guardians, staff and students.
- Ensure that food and beverages purchased with school generated funds for distribution to students within the school comply with the standards in PPM 150 and Superior North Catholic District School Board's Healthy Eating in Schools Policy.

3.2. Teacher and School Staff Roles/Responsibilities:

- Ensure that only foods that comply with the standards outlined in PPM 150 and Policy are sold to students in their classrooms and worksites including curricular based Food labs, hospitality programs, projects and activities, lunchrooms and cafeterias, school tuck Shops, canteens and sporting events.
- Avoid offering food or beverages as a reward or an incentive for good behaviour, achievement, or participation;
- Consult with and get approval from school administration about fundraising initiatives, sporting events and celebrations where food will be sold;
- Reinforce Superior North Catholic District School Board's Healthy Eating in Schools to students, parents/guardians, volunteers and community partners;
- Provide suggestions to parents/guardians and students for foods to be served to students at classroom celebrations;
- Teach healthy eating and safe food practices as required by the Ontario Curriculum;

3.3. Student Roles/Responsibilities:

- Become more aware of and participate in healthy eating practices;
- Offer input into the designation of special event days, fundraisers and celebrations involving food and beverages where appropriate;
- Follow established guidelines for nutrition and take responsibility for their own actions.

3.4. Parent/Guardian Roles/Responsibilities:

- Be informed about Superior North Catholic District School Board's Healthy Eating in Schools Policy;