

SCHOOL DISTRICT NO. 51 (BOUNDARY)

P O L I C Y

SECTION	TITLE	NO. 5130
STUDENTS	<u>Nutrition and Fitness in Schools</u>	

DATE ADOPTED: June 12, 2007

DATE AMENDED:

The Board of School Trustees believes that the school has an important role to play in improving the health and fitness of students by reinforcing sound nutrition and fitness principles through both their food services and their education programs.

Nutrition and fitness plays a strong role in the ability to educate children. A student's physical and mental health and development, susceptibility and resistance to disease, reaction to stress, energy level and general morale, are all affected by a healthy lifestyle.

Positive nutrition and fitness must begin in early education when lifelong habits and attitudes are formed.

R E G U L A T I O N S

1. Principals will review food services for students annually with the school's Parent Advisory Council.
2. Each school is responsible to develop a policy for their school following the guidelines set out in this policy.
3. It is expected that Principals and teachers in consultation with parent groups consider issues surrounding the provision of foods in schools, lunchtime arrangements and related matters. To do this, community resources may be utilized when appropriate.
4. Schools are encouraged to provide opportunities for students to be active in ways that are relevant to them as individuals and explore ways to create supportive environments that incorporate physical activity into the daily routines of the school day.
5. School policy governing the sale of food products in schools or during school-sponsored events will be based upon the most up-to-date guidelines available. Schools will focus on and promote the serving of food from the "choose most" and "choose sometimes" list from the Ministry of Education and Ministry of Health "Guidelines for Food and Beverage Sales in BC Schools" (November 2005) ActNowBC document found at www.bced.gov.bc.ca/health. Consistent with these guidelines, school policy will reflect the following:

- I. Elementary schools will not offer “non-recommended” foods.
- II. Pricing should encourage the selection of healthy food and beverage choices.
- III. School policies may include exceptions for special days or fundraising events

Related Legislation: School Act [RSBC 1996, Part 2, Division 2, Section 8]