

PRINCE ALBERT ROMAN CATHOLIC SEPARATE SCHOOL DIVISION NO. 6

POLICY ITEM: Nutrition	CODE: EF
LEGAL STATUS: Board Motion # 04.06, #76.10, #21.14, #189.19	DATE APPROVED: 19 Aug, 2019

Background: The Board of Education is committed to supporting healthy lifestyle choices and as such believes in promoting and offering nutritious foods in its schools. A diet of nutritious foods contributes to academic achievement and better health. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Meals and snacks consumed at school make a major contribution to students' daily consumption of nutrients. Schools share the responsibility with the home and community in educating children on the need for healthy, nutritious foods.

POLICY: **The Board of Education directs all schools to offer and serve healthy, nutritious foods in its snack and lunch programs and at any other school function or venue where food is served to students. Practices related to food in schools put classroom learning into practice and contribute to student access to sufficient, healthy and safe food.**

- Guidelines:**
1. The choice of foods offered and served in our schools, and at any school approved event shall adhere to the guidelines as outlined in *Healthy Foods for My School (2012 Saskatchewan Ministry of Health)*
 2. The foods offered and served in our schools will complement the learning outcomes of the Ministry of Education curricula.
 3. The policy guidelines apply to all foods served or sold to students and all school-sponsored events, which include, but are not limited to:
 - a. Breakfast and snack programs
 - b. Cafeteria and canteens
 - c. School and classroom celebrations
 - d. Meetings
 - e. Student extra-curricular events
 - f. Tournaments, fairs and other co-curricular events
 4. Nutritious foods will be competitively priced and appropriately promoted and advertised.
 5. School fundraising (door-to-door) will not include the sale of non-nutritious foods.
 6. In-school fundraising involving the sale of food items will include only those foods from the CHOOSE MOST OFTEN list.
 7. Where schools or teachers choose to offer a reward to students, non-food items are encouraged. If any food is used, it will meet the division policy guidelines.
 8. Suppliers and outside vendors are to be notified of, and adhere to, this policy.

9. Schools will adhere to *Public Health Food Safety Standards* in the preparation, storing and serving of foods.
10. Schools will regularly use the support of expertise available from Health professionals such as the School Nutritionist or the Public Health Nutritionist.

Procedures:

1. Each school, along with the School Community Council, shall establish a *Nutrition Committee* that will oversee the implementation of this policy, the development of school-based nutrition practices and shall report annually to the Board of Education, June 30th, its successes, challenges and discretionary use (using attached Appendix A form).
2. At the beginning of each school year, principals are to inform their stakeholders of the school division's nutrition policy and how it applies to their respective school.
3. During the year, schools are encouraged to continually inform parents re nutritional information and education.
4. Menus for meals and snacks offered will be nutritious:
 - a. Foods identified as CHOOSE MOST OFTEN can be served without restrictions.
 - b. Foods identified as CHOOSE SOMETIMES cannot be more than 20% of the foods offered.
 - c. Foods not identified in either category above may be served from time to time at the discretion of the principal who must report such discretionary use as per Appendix A: *Annual Nutrition Policy Report*.
5. Vending machines (drinks/snacks) will be limited to the high school and will provide nutritious choices. The advertising on vending machines shall reflect nutritious choices.
6. Energy drinks are high in caffeine, sugar and additives. They will not be sold at schools and students will be strongly discouraged from bringing them on school property.
7. At all school division sponsored Professional Development sessions where food is available, nutritious choices are to be served.
8. As staff members are role models, they are encouraged to set an example and serve nutritious foods at staff meetings or other such gatherings.
9. The Annual Nutrition Policy Report will be submitted to the Director of Education by June 30th of each year.

References:

Nourishing Minds: Eat well. Learn well. Live well. (2009 Ministry of Education)
 Nutrition Guidelines for Schools (2009 Saskatchewan School Boards Association)
 Healthy Foods for My School (2012 Ministry of Health)
 Eating Well with Canada's Food Guide (2007 Health Canada)
 Public Health Food Safety Standards

Annual Nutrition Policy Report

Nutrition Policy Checklist	Not Evident	Emerging	Evident	Exemplary
Breakfast and snack programs follow policy guidelines				
Food offered in the cafeteria follow policy guidelines				
Food offered in the canteen follow policy guidelines				
Food offered in school celebrations, tournaments, extra-curricular and co-curricular events follow policy guidelines				
Vending machine content adheres to policy guidelines				
The most nutritious foods are competitively priced				
In-school fundraising includes only foods that meet the Choose Most Often and Choose Sometimes criteria				
Door to door fundraising avoids the sale of non-nutritious food				
Only nutritious foods and non-food items are offered as student rewards				
<i>Public Health Food Safety Standards</i> are put in practice in the preparation, storage and serving of foods				
Support personnel such as the School Nutritionist are used on an ongoing and frequent basis				
Nutrition information is shared frequently with parents				
Students are aware of the alignment of foods served and sold in school with Health Curriculum Content				
Staff serve as positive role models				
Vendors and caterers provide food that meet the Criteria in <i>Healthy Foods for My School</i>				

Discretionary Application: Identify those events and dates when the principal exercised discretion in the application of this policy.

Name of person completing this form

Date