

School District No. 22 (Vernon)

POLICY

Please file in By-Laws, Policy & Procedure Manual No. 4.6.0

Adopted: 22 Feb 2005
Amended: 12 Nov 2008

HEALTHY LIVING AND NUTRITION

It is the mandate of the District to provide learning opportunities for students with regard to healthy lifestyles and healthy nutrition. As outlined in the *Guidelines for Food and Beverage Sales in BC Schools* that has been put forward by the Ministry of Health and the Ministry of Education in its revised form in September, 2007, the Provincial focus is on health and well being of the citizens of British Columbia. It is recognized that physical activity as outlined through *Action Schools! BC* is a part of a comprehensive approach to providing a health promoting environment. The Board supports the Provincial Guidelines for Food and Beverage Sales in BC Schools and expects and supports the school's responsibility for implementation. The importance of adequate nutrition is critical to student success and that together with the community, the Board wishes to address the needs of our students, including the desire to ensure access to healthy food for all students.

It is the belief of the Board that:

- the movement to positively impact student health and nutrition is a shared responsibility including the school, parents, guardians and the community.
- healthy, well nourished children are more prepared to learn, are more likely to attend class and are able to take advantage of educational opportunities.
- the primary responsibility of schools is to foster student's achievement. With the substantial research that shows a clear connection between nutrition, physical activity and learning it is important that schools create a healthy learning environment.
- schools share a responsibility with parents and the community to ensure that students have adequate access to nutritious food during the school day to alleviate hunger.
- the new Guidelines for Food and Beverage Sales in BC Schools promote healthy eating within our schools and provide clear and concise information around vending machines in schools, food service programs, concessions and fundraising.
- all efforts in schools towards meeting the guidelines set out provincially and in providing good and effective modeling for students should be done in a coordinated and collaborative way that involves all stakeholder groups.
- schools should ensure that healthy food choices are available in schools, and that nutrition education support the development of healthy eating habits.
- although the *Guidelines for Food and Beverage Sales in BC Schools* provide a focus for food sales, it is our belief that all activities within the school involving food should model

Policy 4.6.0 Healthy Living and Nutrition
these guidelines.

- schools must also consider their responsibility for creating an allergy aware environment through raising awareness in staff and students.

References:

Legal Reference

Cross Reference:

- Guidelines for Food and Beverage Sales in BC Schools
- Guidelines for Vending Machines in BC Public Buildings