

Nutrition Guidelines



**Holyrood
School**

Est. 2011 – 2012

Completed with the input of the Ad-hoc committee made up of the Holyrood School community:

Parents: Tina Adam, Stacey Drysdale, Sheena McLeod, Sue Cairns, and Vanessa Sauve.

Teacher Rep: Helene Magus, Holyrood School Staff

School Health Facilitator and Teacher: Amy Basnett

Principal: Les Hansen

Along with the input, feedback and guidance of:

Alberta Health Services: Susan McNaughton RN, BScN –School Nurse and Carrie Rae BSc, RD – Health Promotion Coordinator.

Rationale

1) Holyrood School's Nutrition Guidelines Goal:

To promote, serve and educate our school community about nutritious foods so that we can have a positive effect on the health and academic achievement of all our students.

2) Mission Statement and Philosophy:

Holyrood will foster a healthy school environment that supports students, staff, parents and community members to choose healthy, active lifestyles.

3) Edmonton Public School Policies:

Edmonton Public Schools Board Policies and Regulations

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.

Reference(s):

[GBE.AR](#) - Health and Wellness of Staff and Students

CODE: GBE.AR
TOPIC: Health and Wellness of
Staff and Students

EFFECTIVE DATE: 07-03-2008
ISSUE DATE: 13-03-2008
REVIEW DATE: 03-2013

Promoting Nutrition Education and Healthy 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 at the school,
- 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 schools 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.

Reference (s):

[GBCA.BP](#) - Respectful Working Environments

[GBCA.AR](#) - Respectful Working Environments

[GBE.BP](#) - Health and Wellness of Staff and Students

[IG.BP](#) - Student Behaviour and Conduct

4) Scope

Holyrood School's Nutrition Guidelines will affect all areas and circumstances that involve the consumption of food within the school environment. This includes but is not limited to: food as rewards, foods served and sold at school, celebrations and traditional holidays, fundraising, and any other school sponsored programs.

- a) **Food as Rewards** - The staff of Holyrood School will choose alternatives to food and beverages as rewards for academic performance or desired behaviour.
- b) **Foods Served and Sold** - Foods and beverages provided by, or sold by the school will follow *The Food Rating System, 80% Choose Most Often and 20% Choose sometimes* (included in the appendix) or food from *Holyrood's Top Notch Snack List*. This includes but not limited to: hot lunches, classroom fundraisers, emergency food, etc.
- c) **Celebrations and Holidays** – The celebration of cultural events, special holidays and birthdays are important, as they help to build a sense of community through celebration. The food associated with these days is often central to the celebrations. We also believe celebrations that involve food should support healthy eating. When food is served, whenever possible, it should follow *The Food Rating System, 80% Choose Most Often and 20% Choose sometimes* or food from *Holyrood's Top Notch Snack List*. This includes, but is not limited to: Christmas, Easter, Valentine's Day, Cabane à Sucre, Réveillon, Carnaval and End of the Year Celebrations.
- d) **School Supported Programs** - Foods and beverages offered at school-supported events off campus will follow *The Food Rating System, 80% Choose Most Often and 20% Choose sometimes* or food from *Holyrood's Top Notch Snack List*.
- e) **Fundraising** - To support student's health and nutrition education efforts at school, Holyrood encourages fundraising activities that promote physical activity and healthy eating. Healthy eating fundraisers will follow *The Food Rating System* and will include Choose Most Often foods 80% of the time, and Choose Sometimes foods 20% of the time.

5) Students

Holyrood School recognizes that each individual is different and accommodations will have to be made depending on situations that arise. Holyrood School staff is asked to use their professional discretion to ensure that students are being sent the appropriate messages about healthy choices at school and in their daily lives.

References:

- 1) Steps to a Healthy School Environment: School Nutrition Handbook, developed by Registered Dietitians, Regional Nutrition and Food Service, Alberta Health Services (Edmonton area)

<http://www.albertahealthservices.ca/2915.asp>

- 2) Alberta Nutrition Guidelines for Children and Youth

<http://www.healthyalberta.com/HealthyEating/hetoolkit.htm>

- 3) Holyrood's Top Notch Snack List. For a more extended list please refer to *the "Single Serving Packaged Food List 2011"* website

<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-single-serving-pkg-food.pdf>

or contact the school for a copy of the document.

- 4) *The Food Rating System*

http://programs.epsb.ca/images/stories/health_and_wellness/food_choices.pdf