



EDUCATIONAL SERVICES 18 – Healthy School Communities

Date: March 23, 2011 Revised:

Responsible Administrator: Deputy Superintendent

1.0 RATIONALE

Education in a health-promoting environment is important. Emotionally healthy, well-nourished and physically active students are better able to achieve the goals of education.

2.0 PROCESS

School staffs will work with parents, community members, organizations and government to foster nutrition and physical activity habits that improve the health and well-being of students.

3.0 GUIDELINES

- 3.1 Schools will offer Physical Education courses as per the Alberta Physical Education Programs of Study and the Guide to Education. ECS to Grade 12.
- 3.2 Principals shall include plans for provision of daily physical activity for grades 1-9 students in the annual program plan.
- 3.3 Schools, in consultation with School Council, shall develop and implement a policy to promote consumption of nutritious and dentally acceptable foods.
- 3.4 School policy shall address the sale and use of nutritious and non-nutritious foods in areas such as:
 - 3.4.1 vending machines,
 - 3.4.2 snack shops or school stores,
 - 3.4.3 cafeteria,
 - 3.4.4 hot lunch programs,
 - 3.4.5 food-related fundraising activities
 - 3.4.6 food as a reward during class activities
 - 3.4.7 concession sales at tournaments, track meets, or performances

References: *Board Policy: F/1/5 Healthy School Communities*
Physical Education Programs of Study
Daily Physical Activity: A Handbook for Grades 1-9 Schools
Guide to Education, ECS to Grade 12: pp. 19, "Daily Physical Activity Policy" and 31-32,
"Daily Physical Activity (Grade 1 to 9)
Alberta Nutrition Guidelines for Children and Youth

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- 3.5 Staff will ensure that students have access to water during instructional time.
- 3.6 School Councils will annually provide input regarding the nutrition policy.
- 3.7 Staff will be encouraged to promote and model healthy food and beverage choices.

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