



EFFECTIVE: March 23, 2011

REVISED:

REVIEW: 2018-2019

---

## **1.0 POLICY**

- 1.1 The Board of Trustees believes that employees and students who are emotionally healthy, well nourished and physically active are better able to achieve the goals of education.
- 1.2 The Board of Trustees believes that education in a health-promoting environment is important for the development of healthy eating and physical activity habits.
- 1.3 The Board of Trustees believes that school staffs should work with parents, community members, organizations and government to foster lifelong habits that improve the health and well-being of employees and students.

## **2.0 GUIDELINES**

- 2.1 Principals will ensure the school program plan provides students with quality Physical Education courses and, at grades 1-9, Daily Physical Activity as mandated by Alberta Education policy.
- 2.2 All schools shall implement a coordinated, comprehensive food and nutrition policy that encourages all students and staff to develop good eating habits by promoting the consumption of nutritious and dentally acceptable foods, and controlling the sale and use of non-nutritious foods.
- 2.3 Each School Council will provide input to the principal on the implementation and maintenance of the nutrition policy on an annual basis.
- 2.4 This policy does not impact on lunches or snacks that students or staff members bring from home.

---

References: *Admin Practice(s): Educational Services 18 – Healthy School Communities School Act:*  
*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*

---