

**Helen E. Taylor School**  
**Nutrition Policy**  
**2010-11**

**Peace Wapiti School District BACKGROUND**

PEACE WAPITI PUBLIC SCHOOL DIVISION NO. 76  
POLICY IHCG – Nutrition Policy

The Board recognizes that proper nutrition is an important component for health and wellbeing of children and plays a key role in our children’s ability to learn.

**PWSD PURPOSE**

To support schools in working with parents to help ensure proper nutrition for all students.

**PWSD GUIDELINES & PROCEDURES**

1. Schools must make every effort to encourage healthy eating habits and lifestyles by creating a school nutrition policy in consultation with their School Council.
2. Schools may:
  - a) consult other stakeholders including parents and students;
  - b) consider their unique individual needs of the school community;
  - c) consider the options available in their school such as vending machines, canteens and cafeterias.

**Helen E. Taylor School RATIONALE**

At Helen E. Taylor School we believe that good nutrition, physical fitness and a healthy life style are integral to student development and academic success. Research supports this belief and shows a direct correlation between healthy eating, physical fitness and improved academic success. It is also our belief that nutrition and education should be a cooperative effort between home and school, encouraging a positive attitude towards nutritious eating, physical fitness and a healthy nutritional lifestyle. Our policy is based on the recommendations set in the Alberta Nutrition Guidelines for Children and Youth.

**Helen E. Taylor School GUIDELINES**

- 1.0 Foods available for sale at the Helen E. Taylor School canteen will always offer items from the “Choose Most Often” list. (Appendix1), may offer foods from the “Choose Sometimes” list (Appendix 2) and limit the sale of foods from the “Choose Least Often” (Appendix 2) category. Our goal is to work toward limiting the sale of the “Choose Least Often” category to once a week.
  - 1.1 Items at our canteen will be routinely reviewed by parent council, staff, and our canteen operators to ensure that items available reflect healthy choices for our students.

- 1.2 Beverages consumed during instructional time will be water only. Bottled water coolers will be available in each classroom. Healthy beverage choices will be sold in the canteen for consumption during nutrition /lunch breaks.
  - 1.3 Sport drinks and soft drinks will not be for sale in our canteen, will not be allowed during instructional time and are highly discouraged on school premises.
- 2.0 Field Trip & Fundraiser Food Friday`s will reflect the HET Nutrition Policy as closely as possible. Administration will monitor and pre-approve food choices offered on Field Trip & Fundraiser Food Friday`s.
- 3.0 Eating opportunities will reflect healthy practices for students and staff:
- 3.1 Beginning in the 2010-11 school year, a Breakfast program will be offered to all students. Baskets will be provided to each class and be readily available to all students. Food items will be from the “Choose Most Often” list. (Appendix1).
  - 3.2 Elementary students will continue to have two snack times offered, one following a.m. recess and a second snack prior to p.m. recess. Beginning in the 2010-11 school year, elementary students will have a “reverse lunch” where students play first and eat last. Their lunch hour will also be extended to a minimum of twenty-five minutes for eating.
  - 3.3 Beginning in the 2010-11school year, Jr. High students will have their day divided equally into thirds with two Nutrition & Movement Breaks offered- the first one at 10:55 a.m. and the second at 1:30 p.m. During a school survey it was found that 30% of our Jr. High students were coming to school without breakfast. By offering students healthy breakfast choices and earlier opportunity for eating lunch, it is our belief that students will be better prepared for academic learning and physical activity.
- 4.0 Active Living and Physical Fitness has always been a strong component of our school programs and values. The 2010-11 school year will promote a very strong Active Living Focus is encouraged in many ways:
- 4.1 All student activities will reflect Active Living and Daily Physical Education.
  - 4.2 Elementary students have increased recess time three times a day. Games and physical activity will always take place outside unless the weather is inclement and students need to remain indoors. In this case students will use the gymnasium for indoor games and physical activities.
  - 4.3 Field Trip Friday`s will focus on fitness & outdoor education activities.
  - 4.4 Two 50 minute Complementary courses will be offered to Jr. High students each day. Same choices on Monday & Wednesday and Tuesday & Thursday allow students to take four different complementary courses per week. ***At least one of their daily complementary courses must be fitness focused. This exposes students to 50 minutes of sustained physical activity per day.*** Three terms throughout the 2010-11 school year allow at least twelve different complementary course options to be experienced.
  - 4.5 Active living is also encouraged through special programs such as Intramural Activities and special Intramural Court Team-building events.

5.0 Nutrition Education for staff/students/parents/community:

5.1 Education is done through the health and science, or language arts curriculums at appropriate grade levels.

5.2 Current nutritional information will be provided to ALL stakeholders and communicated on an ongoing basis via newsletters and our school website.

5.3 Our school with link with Alberta Health Services as a resource for students, staff and parents,  
and will keep updated on resources, research and initiatives available regarding healthy living.

6.0 Safe Food Environment and Food Allergies:

6.1 In an effort to create awareness and offer a food safe environment, information related to specific food allergies affecting students and staff will be shared with Helen E. Taylor School staff and school council.

6.2 Annual Inspection reports from Alberta Health Services, Environmental Public Health will be shared with staff and school council. Any concerns or areas to be addressed will be done so immediately by the administrator.

6.3 An appropriate number of staff members and volunteers who work in our canteen will take the Food Safe Course as offered by Alberta Health Services.

7.0 The Helen E. Taylor School policy does not impact lunches or snacks that students or staff members bring from home, however students, staff and parents are strongly encouraged to follow this policy in their own personal food choices.

***At Helen E. Taylor School,  
we recognize it is our ongoing responsibility  
to work cooperatively with students, parents and community  
to implement and maintain our Nutrition Policy.***