

Bernie Wolfe Community School Nutrition Policy

Philosophy:

Bernie Wolfe Community School recognizes its responsibility in co-operation with the home and community to encourage healthy lifestyles and acknowledge the important role that nutrition plays in the total development and performance of individuals.

Bernie Wolfe Community School also believes that the food served or sold in the school should be based on *Guidelines for Foods Available in K-12 Schools in Manitoba (2006)*.

Rationale:

- Healthy eating helps children grow, develop and do well in school.
- A healthy diet helps children to be more settled, attentive and ready to learn.
- Healthy eating helps prevent child and adolescent health problems such as obesity, diabetes and dental problems.
- Eating breakfast, at home or school, improves children's memory, concentration levels, problem solving skills and creative thinking.
- Research demonstrates a relationship between nutrition, and children's physical, emotional and intellectual readiness to learn.
- The school's role in health promotion and disease prevention is significant.
- A significant number of children do not receive enough essential nutrients to support growth and good health.
- Short-term effects of malnutrition are tiredness, irritability, inattentiveness, and increased susceptibility to colds, flu, and infections.
- Long-term effects include underachievement in school, poor self-esteem and continuing poor health.

Policy:

Bernie Wolfe Community School will continue to promote healthy eating and active living through nutrition education, lunch and snack programs, the school canteen and physical education programming.

- Fundraising in the school will consider the sale of nutritious foods.
- Vending machines in the school will have 70% product chosen from the "Choose most often" list. (*Guidelines for Foods Available in K-12 Schools in Manitoba [2006]*).
- The canteen will make healthy and nutritious choices available for purchase.
- Our school will offer milk, fruit juice and water for sale to students and staff. Soft drinks will not be sold to students through vending machines.

Our continuing education will incorporate principles from *Canada's Food Guide to Healthy Eating* and the *Manitoba Physical Education/Health Education Curriculum*.

- Healthy foods will be considered when planning celebration days or special events.
- School and community members will be encouraged to bring foods belonging to one or more of the four food groups of *Canada's Food Guide to Healthy Eating* for class parties, recess snacks and lunches.
- At least one school wide activity will be encouraged during Nutrition Month in March of each year.
- Students will be encouraged to participate in the planning and preparation of school based nutrition programs such as the Healthy Foods Committee, the LAR lunch program and snack program.
- School staff will be encouraged not to compromise student's healthy food choices when implementing incentive and reward programs.
- Food selections must omit foods outlined in River East Transcona School Division regulation JLCG-R2 – Anaphylaxis avoidance Strategies.