

Dr. F.W.L. Hamilton School

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Dr. Hamilton School Nutrition Plan

The students, staff and parent community of Dr. Hamilton School have been following the divisional guidelines regarding school nutrition.

Children need healthy food and physical activity for growth and development. It is expected that students be taught the principles of healthy eating as part of the health program. The school environment must support this learning by promoting nutritious food choices. In addition, breakfast programs, where applicable, should provide students with the energy required to learn and be physically active each day. This school plan does not impact on lunches, snacks, etc., which students or staff members bring from home.

The school forms a Healthy Foods Committee by September 30th of each school year. This committee has representation from staff and communicates with the school Parent Advisory Council. Student voice is incorporated through classroom discussions and assemblies. The committee discusses and collaborates on the implementation of healthy nutrition in the school.

All foods sold and/or served within schools in the division will be based on *Guidelines for Foods Available in K-12 Schools in Manitoba (Manitoba School Nutrition Handbook, 2006)*.

All food and beverage product vending machines in the River East Transcona School Division will have 80% of the products chosen from the "Choose and Serve Most Often" list, *Guidelines for Foods Available in K-12 Schools in Manitoba*. Dr. Hamilton School does not have any vending machines at this time.

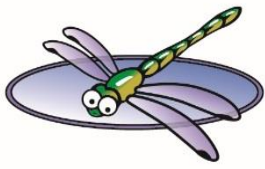
Schools that choose to operate a canteen, store or cafeteria shall make foods available from the "Foods to Serve Most Often" or "Foods to Serve Sometimes" lists, *Guidelines for Foods Available in K-12 Schools in Manitoba*. Dr. Hamilton School does not have a canteen, store or cafeteria at this time.

Food selections must omit foods outlined in Regulation JLCG-R2 - Anaphylaxis Avoidance Strategies. Dr. Hamilton School omits food selections based on known allergies and life threatening allergies of the student and staff population.

All River East Transcona School Division fundraising activities involving the sale of food or beverage items will strongly consider the *Guidelines for Foods Available in K-12 Schools in Manitoba*. Dr. Hamilton School fundraisers do not involve food products at this time. Parent Advisory Council fundraisers also consider the guidelines in their planning.

Healthy foods should be considered when planning celebration days. Staff engage students in conversations about healthy food options for special events and celebratory activities. Students are invited to participate in the planning of these events so that they have firsthand experience with decision making that incorporates healthy foods.

Foods and beverages offered or sold at school-sponsored activities or events both during and outside the school day will incorporate the *Guidelines for Foods Available in K-12 Schools in Manitoba*.



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Some proactive steps that have been taken toward helping to support healthy nutrition at Dr. F.W.L. Hamilton include:

- ✓ Offering white and chocolate milk, as well as water bottles for sale to students at lunch. Soft drinks will not be sold to students.
- ✓ Encouraging families to bring food 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.
- ✓ Continuing to promote active living choices throughout the school year by way of direct student instruction, newsletter information and morning announcements.
- ✓ Reducing the amount of high sugar content food at Field Day
- ✓ Encouraging and supporting school groups to offer healthy food choices as options on special days and at special events.
- ✓ Food items with trans fats will be avoided.

Revised 2016