

**Background:**

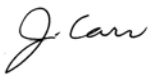
Given that:

- the Board of Trustees has created the following Ends Statement:
That the Board of Trustees will, within the limits of approved resources, support the creation of school environments that promote wellness and facilitate healthy lifestyle choices for staff and students;
- the Catholic belief is that the human body is good and to be treated with dignity, and that as part of creation, the body is to be properly cared for. Scripture says that the human body is a “temple of the Holy Spirit” (1Cor.6:19). Properly understood, health is one of the most important goods for which we all have a precise responsibility (John Paul II, February 2, 2005 – message to congress on “Quality of Life and Ethics of Health”).
- children need access to healthy food and opportunities to be physically active in order to grow, learn and thrive;
- good health fosters student attendance and academic achievement.
- in the last two decades, Alberta rates of overweight children aged 7 to 13 years old have more than doubled, and the national rates for obesity in adolescents have tripled. Physical inactivity and excessive calorie intake are the predominant causes of obesity;
- obesity is a societal problem (rather than an individual problem) because individual choices are influenced by family, friends, and culture. Individuals need the opportunity to be active and choose healthy foods where they work, play, and learn.
- habits often established in childhood, such as unhealthy eating and physical inactivity, are major risk factors for heart disease, cancer, stroke, and diabetes;
- home and community participation are essential to the development and implementation of successful school wellness policies;

The Edmonton Catholic School District is committed to providing school environments that promote and protect children’s health, well-being, and the ability to learn by supporting healthy eating and physical activity. Specifically, the district is committed to the following statements:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in dialoguing and collaboratively making decisions and engaging in practices which promote healthy eating and physical activity.
- All students in grades K – 12 will have opportunities, support, and encouragement to eat healthy foods.
- Foods and beverages sold or served at school will support healthy eating choices. Foods will be from the “Choose Most Often” or “Choose Sometimes” categories as outlined in the Alberta Nutrition Guidelines for children and Youth (2008).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, and foods available at the school and for school sponsored activities.

While the overarching philosophy of this policy and regulation establishes specific guidelines at the board level, there is recognition that each school has its own uniqueness and is encouraged to meet these guidelines within its own environment.

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| Reference: | Approved: |  |
| | Date Approved: | June 26, 2006 |
| Cross-reference: | Date(s) Revised: | September 30, 2009 |