

Annunciation School Nutrition Policy

Nutrition Policy Goal

To ensure there is a common application and understanding of the need for nutritional guidelines in our school and the resulting positive affect for the health and academic achievement of all students.

****Our Healthy School's Vision Statement for Annunciation**

Our School community strives to maintain a happy, healthy, environment where everybody is active and eats well.

****Our Healthy Schools Mission Statement**

Annunciation will foster a healthy school environment that promotes and supports students, staff, and parents to choose healthy, active lifestyles. Active living and healthy eating habits will be encouraged, supported, and promoted by sustainable programs within the school community.

ECSD Policy

http://www.ecsd.net/policies_forms/gapdf/gap134.pdf

Scope

Annunciation School Nutrition Policy will affect all areas and circumstances that involve the consumption of food by our students within the school environment. This includes, but is not limited to: food as rewards, food served and sold at the school, celebrations, holidays, and lunches.

Annunciation Nutrition Policy will affect all areas and circumstances that involve the promotion of a healthy lifestyle for its school community members.

Food as Rewards

The staff at Annunciation will choose alternatives to food and beverage rewards for academic performance or desired behavior. If food and beverages are to be used then selections will be made using “The Food Rating System: Choose Most Often.”

Examples of possible alternatives to food rewards can include stickers, pencils, time to do an activity of choice, extra gym, recess or other healthy activities.

Food Served or Sold at the School

Food and beverages provided by, or sold by the school will follow the “Choose Most Often” or “Choose Sometimes” guidelines as outlined in the Alberta Nutrition Guidelines for Children and Youth 2010. This includes, but is not limited to: hot lunches, OOPs! I forgot my lunch, taste tests, whole school events and Fun day.

Choices for Hot Lunches will be chosen from the School Restaurant List 2011 from Alberta Health Services.

Celebrations and Holidays

Healthy foods and beverages are promoted for holidays and classroom/club celebrations. Parents and students will be provided with healthy ideas to share in these events.

** A letter will be sent home prior to any event where food may be served reminding parents of district and school nutrition policies in an effort to minimize foods which do not meet The Food Rating System for Choose Most Often or Choose Sometimes foods.

Parents will follow the guidelines for birthdays, Halloween, Christmas, Valentine’s Day and other class parties.

Lunches

Staff, parents, and students will demonstrate a commitment to healthy eating by including foods from the “Choose Most Often” and “Choose Sometimes” guidelines in the lunches that they consume at school.

School Messaging

Messages in the school will promote and reinforce healthy messages being taught at Annunciation. This includes bulletin boards, announcements, and displays in the classrooms or for special events.