

PRINCE ALBERT ROMAN CATHOLIC SEPARATE SCHOOL DIVISION NO. 6

POLICY ITEM: Nutrition	CODE: EF
LEGAL STATUS: Board Motion 04.06, 76.10	DATE APPROVED: 10 Jan 10 10 May 10

Background: The Board of Education is committed to supporting healthy lifestyle choices and as such believes in promoting and offering nutritious foods in its schools. A diet of nutritious foods contributes to academic achievement and better health. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools share the responsibility with the home and community in educating children on the need for healthy, nutritious foods.

POLICY: **The Board of Education directs all schools to offer and serve healthy, nutritious foods in its snack and lunch programs and at any other school function or venue where food is served to students.**

- Guidelines:**
1. The choice of foods offered and served in our schools, and at any school approved event shall adhere to the guidelines as outlined in *Nourishing Minds: Towards Comprehensive School Community Health, Nutrition Policy Development in Saskatchewan Schools – Appendix B* (available at www.education.gov.sk.ca).
 2. The foods offered and served in our schools will complement the learning objectives of the Ministry of Education.
 3. Nutritious foods will be competitively priced and appropriately promoted and advertised.
 4. School fundraising (door-to-door) does not include the sale of non-nutritious foods.
 5. Vending machines (drinks/snacks) will be limited to the high school and will provide nutritious choices. The advertising on vending machines shall reflect nutritious choices.
 6. Nutritious foods or non-food items will be offered as student incentives.
 7. Nutritious foods will be available at school celebrations.

- Procedures:**
1. Each school, along with the School Community Council, shall establish a *Nutrition Committee* that will oversee the implementation of this policy, the development of a school-based nutrition policy and shall report annually to the Board of Education, by the end of June, its successes, challenges and discretionary use (using attached *Annual Review* form).
 2. At the beginning of each school year, principals are to inform their stakeholders of the school division's nutrition policy and how it applies

to their respective school.

3. During the year, schools are encouraged to continually inform parents re nutritional information and education.
4. Schools will adhere to *Public Health Food Safety Standards*.
5. As schools must, from time to time, respond to unique situations, principals may exercise discretion when applying this policy but must report such discretionary use as per Appendix A: *Annual Nutrition Policy Report*.
6. At all school division sponsored Professional Development sessions where food is available, nutritious choices are to be served.
7. As staff members are role models, they are encouraged to set an example and serve nutritious foods at staff meetings or other such gatherings.
8. Suppliers and outside vendors are to be notified of this policy.



Prince Albert Catholic Schools

"A Caring Faith Community Sharing in the Teaching Mission of Jesus"

Annual Review:

In each school year, this form is to be submitted to the Board of Education by the **June 15th**.

Name of School:

Members of the school's Nutrition Committee (school staff members and SCC members)

Successes: Identify those things from this past year that helped with the implementation of *Policy EF Nutrition:*
