

Administrative Procedure 164

NUTRITION AND HEALTHY LIFESTYLE

Background

Schools share responsibility with parents and the community to promote, model and teach students the importance of making healthy lifestyle choices that include a focus on healthy nutrition and physical activity. Good physical health and nourishment also provide a key foundation for student achievement.

Accordingly, nutrition, daily physical activity, positive lifestyle choices, and social responsibility will be included in the learning experiences of students. Similarly, all food and beverages sold in schools or school-associated event must follow the guidelines outlined in this administrative procedure.

Procedures

1. Food Services in Schools
 - 1.1 Students will be provided adequate time to eat their lunches, a minimum of fifteen (15) minutes.
 - 1.2 Food Services to students shall comply with standards for good nutrition and healthy lifestyles. Food Services include:
 - 1.2.1 Vending machine services.
 - 1.2.2 Meals programs, cafeteria and canteen services.
 - 1.2.3 Food-based fun days and activities.
 - 1.2.4 Food-based reward programs.
 - 1.2.5 Fund-raising activities.
 - 1.3 Vending Machine Services
 - 1.3.1 Generally, vending machines are acceptable in elementary and secondary schools.
 - 1.3.2 Parents (through the Parent Advisory Council), staff and students must be consulted prior to vending machines being installed in schools.
 - 1.3.3 Vending machine contracts must be approved by the Superintendent or designate and where possible, contracts will be coordinated through the procurement department.
 - 1.3.4 Food and beverage vending machines are permitted in elementary schools only with the approval of the Principal.

- 1.3.5 Healthy foods sold in vending machines will be consistent with the Canada Food Guide for Healthy Choices Guidelines, the Guidelines for Food and Beverage Sales in B.C. Schools.
- 1.3.6 Advertising on vending machines must support healthy choices.
- 1.4 Meals Programs, Cafeteria and Canteen Services
 - 1.4.1 Foods served must be consistent with Canada's Food Guide to Healthy Eating and Healthy Choices, the Guidelines for Food and Beverage Sales in B.C. Schools and support the nutrition curriculum of the District.
 - 1.4.2 Food made available to students on a daily basis in schools is to be consistent with sound nutritional rules as taught in the curriculum.
- 1.5 Operation of Cafeterias
 - 1.5.1 A school cafeteria where operated, is intended to provide a laboratory for the practical phases of a program in Food Services, and to provide for the members of the staff and student body, well-balanced and nutritious meals at a low cost.
 - 1.5.2 Cafeteria programs may also be utilized to support community and extra-curricular activities while providing valid educational and practical experiences for students.
 - 1.5.3 The chef is responsible to the Principal for directing and organizing the educational program for students in the Food Service training course and for operating the cafeteria in a cost-effective manner.
- 1.6 Food-Based Fun Days and Activities
 - 1.6.1 A broader range of food options is acceptable provided such activities are of an intermittent nature and such foods are not sold. Nevertheless, schools are to consider the Healthy Choices Guidelines whenever possible.
- 1.7 Food-Based Rewards Programs
 - 1.7.1 Healthy nutrition and modeling issues are to be considered when choosing food as a reward for students, for example: using stickers, recognition bulletin boards, or other incentives rather than food rewards.
- 1.8 Fund Raising Activities
 - 1.8.1 Food-based fundraising activities such as canteens, concessions where food is being sold to students shall comply with the Guidelines for Food and Beverage Sales in B.C. Schools.
 - 1.8.2 The above guidelines are to be considered when planning and organizing food-based fundraising where food is not sold directly to students is permitted.

2. Physical Activity

Physical activity includes physical education courses and daily physical activity programs.

- 2.1 Requirements for daily physical activity
 - 2.1.1 Kindergarten to Grade 7

The District will offer thirty (30) minutes of daily physical activity as part of students' educational program.
 - 2.1.2 Grades 8 to 12
 - 2.1.2.1 Students must document and report a minimum of one hundred and fifty (150) minutes per week of physical activity at a moderate to vigorous intensity, as part of their Graduation Transitions program.
 - 2.1.2.2 The District is responsible for providing options to give students a number of choices for how they will meet the daily activity requirements at school, at home, and/or in the community.
- 3. Partnerships with the Community
 - 3.1 Schools are encouraged to develop partnerships with community resource providers to support healthy lifestyles and teach the value of healthy living.
 - 3.2 Partner groups include:
 - 3.2.1 Parents/Guardians.
 - 3.2.2 School Parent Advisory Councils.
 - 3.2.3 District Parent Advisory Council.
 - 3.2.4 Businesses.
 - 3.2.5 Community recreational service providers.
 - 3.2.6 Public Health representatives.
 - 3.2.7 Physicians and other health care practitioners.
 - 3.2.8 Cities, municipalities and other local governments.
 - 3.3 Principals and staff, in conjunction with their Parent Advisory Councils, are encouraged to develop a Code of Nutrition and Physical Activity.
 - 3.4 The District and its schools are encouraged to increase communication between the school and family by providing nutrition and physical activity information. This may be accomplished through:
 - 3.4.1 Regular student newsletters.
 - 3.4.2 Encouraging parents/guardians to participate in relevant health related homework or school health activities.
 - 3.4.3 Linking nutrition and physical activity to ensure students understand the importance of how they combine to support healthy lifestyles.

3.4.4 Supporting and facilitating further development of ActionSchools programs in all elementary schools.

Reference: Sections 17, 20, 22, 65, 85 School Act
School Regulation 265/89
Canada Food Guide for Healthy Choices Guidelines
Guidelines for Food and Beverage Sales in B.C. Schools
Daily Physical Activity Kindergarten to Grade 12