

KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

POLICY STATEMENT

Section: Educational Services

- **Student Welfare**

Policy Code: ES-1.7

Policy: NUTRITION

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The Kawartha Pine Ridge District School Board (KPRDSB) recognizes the research which identifies the direct relationship between healthy nutrition and academic achievement. Healthy nutrition helps to support student learning and enhances physical, emotional, social and intellectual development. Well-nourished students are able to concentrate better, to retain and apply information more effectively, and to demonstrate positive behaviours and relationships with others.

The Board is also aware that a significant number of students across our system do not consistently receive adequate nutrition to support their learning and development needs, which can inhibit academic achievement and physical and emotional well-being. The Board recognizes its role in promoting healthy eating and is committed to working through its schools and with its community partners to support equitable access to healthy food choices, as well as opportunities to develop an appreciation for the value of proper nutrition as an integral part of our students' lives.

This awareness and appreciation for the importance of healthy food choices will be developed through curriculum activities, breakfast programs, school council- and volunteer-sponsored lunch programs, cafeteria and vending machine offerings, fundraising and special food days, as well as through positive modelling, messaging and practices.

Nutrition criteria set out in this policy are divided into three main categories: "Sell Most", "Sell Less" and "Not Permitted for Sale". Products that fall in the "Sell Most" category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar and/or sodium. They must make up at least 80 per cent of all food choices available for sale in schools. Foods and beverages in the "Sell Less" category may have slightly higher amounts of fat, sugar and/or sodium than food in the "Sell Most" category and must make up no more than 20 per cent of all food choices available for sale. Finally, foods and beverages in the "Not Permitted for Sale" category generally contain few or no essential nutrients and contain higher amounts of fat, sugar and/or sodium. These products may not be sold in schools.

The Board is also committed to promoting and modelling healthy eating messages and healthy food choices throughout our work sites.

The administrative regulations for this Board policy are written to reflect the guiding principles of this Board policy and to assist principals and their designates with its implementation.

1. The application of this Board policy will follow the legislation and regulations outlined in Bill 8, Healthy Food for Healthy Schools Act, 2008, all related Ministry of Education and Ministry of Health legislation, and all related Board policies and regulations. This policy

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is reflective of new legislation regarding trans fat standards for schools and aligns with the Ministry of Children and Youth Services' Student Nutrition Program Nutrition Guidelines, July, 2008.

2. This policy does not apply to foods:
 - 2.1 offered in schools to students at no cost;
 - 2.2 brought from home for school snacks or lunches;
 - 2.3 purchased off school premises and are not for resale in schools;
 - 2.4 sold in schools for non-school purposes, including outside organizations that use the school after school hours for non-school-related events;
 - 2.5 sold for fundraising activities that occur off school premises; and/or
 - 2.6 sold in staff rooms.

3. The Board expects that:
 - 3.1 foods and beverages offered for sale in schools are of maximum nutritional value. These foods and beverages fall into the "Sell Most" category and must make up at least 80 per cent of all food choices that are available for sale in all venues, through all programs, and at all events. They can be offered or sold daily in schools because they
 - 3.1.1 are part of the four food groups in Eating Well With Canada's Food Guide and/or any successor guide;
 - 3.1.2 are higher in nutrients needed for optimal growth and development (e.g. iron, vitamin D, calcium, vitamin C, vitamin A, protein);
 - 3.1.3 are higher in fibre (for grain products and whole fruit and vegetables); and,
 - 3.1.4 usually contain little or no added salt and sugars.

 - 3.2 foods and beverages offered for sale in schools of minimum nutritional value are limited. Although allowable, these foods and beverages fall into the "Sell Less" category and must make up no more than 20 per cent of all food choices that are available for sale in all venues, through all programs, and at all events. They should be limited when offered or sold in schools or used for fundraising because they
 - 3.2.1 contain low amounts of essential nutrients and fibre, and/or

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- 3.2.2 are too high in unhealthy fats, and/or
- 3.2.3 are high in added sugars or added salt, and/or
- 3.2.4 are usually not part of any of the four food groups identified in Eating Well With Canada's Food Guide and/or any successor guide.
- 3.3 products that fall within the "Not Permitted for Sale" category are not sold in schools.
- 3.4 nutrition education, consistent with Eating Well With Canada's Food Guide and/or any successor guide, is incorporated into appropriate areas of the curriculum for all students in order to develop decision-making skills for healthy living.
- 3.5 schools will encourage the development of and provision for universal Student Nutrition Programs (e.g. breakfast and snack programs).
- 3.6 Student Nutrition Programs are developed in consultation with the school community and with local public health personnel.
- 3.7 principals will consult with school council and students to determine the Special Exemption Days allowable within Bill 8 (maximum 10), as mandated by the Ministry of Education (see Item 1).
- 3.8 students will have opportunities to drink water throughout the school day.
- 4. The Board expects that principals will:
 - 4.1 provide relevant materials to support the instructional program;
 - 4.2 provide parents, volunteers and the community with information about Student Nutrition Programs and nutrition education in KPRDSB, in order to promote continuous awareness of and support for the Board's direction in this area;
 - 4.3 ensure that all items available in school-owned vending machines, and tuck shops comply with trans fat and other legislative directives;
 - 4.4 support nutritious school council- or volunteer-sponsored lunches where nutrition standards for foods and beverages are met; and
 - 4.5 support the provision of nutritious foods (see Items 3.1 and 3.2) for school celebrations that respect food allergies and cultural diversity.

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5. The Board will provide healthy food and beverage choices at all work-related meetings, workshops and other events where food and/or beverages are served.
6. Unless recommended as part of a treatment program by the support team (e.g. Applied Behaviour Analysis or Intensive Behaviour Intervention), staff will avoid using food as a performance incentive or reward for good behaviour, achievement or participation. Support teams will only consider using food as a performance incentive or reward when other strategies have been exhausted. The strategy will be written into the student's Individual Education Plan (IEP).
7. Staff will not use food as a consequence.
8. Staff will ensure that hand washing is promoted as a simple and effective way to reduce the spread of food-borne illness and disease and to reduce the risk of reactions to food allergies.
9. Principals will make information from public health units about healthy choices and safe food handling training available to students, staff, parents and volunteers with responsibilities for Student Nutrition Programs and other food related activities and events in accordance with Regulation 562, Food Premises, as amended; the Health Protection and Promotion Act.