



<b>Division</b> Programs	<b>Policy Series</b> 800	<b>Policy #</b> 800.6
<b>Subject</b> Healthy Students – Healthy Schools	<b>Replaces</b>	
<b>Responsible Authority</b> <ul style="list-style-type: none"> <li>• DIRECTOR OF EDUCATION</li> <li>• ASSISTANT DIRECTOR OF EDUCATION (PROGRAMS)</li> </ul>	<b>Date Approved</b> <i>2007</i>	
	<b>Effective Date</b> <i>2007</i>	
<b>Date Reviewed</b> <i>July 2012</i>	<b>Date Revised</b> <i>November 6, 2012</i>	

**800.6(1) Policy Name**

**Nutrition and Healthy Eating**

**800.6(2) Policy Statement**

Nova Central School District recognizes that good health and learning are linked. Through its health and wellness policies, the District is supporting students and staff in making healthy lifestyle choices.

- 800.6(2.1) The Nova Central School District “Nutrition and Healthy Eating” Policy establishes the standards for promotion of healthy food choices in Central Region schools, and is intended to “Make the Healthy Choice the Easy Choice”.
- 800.6(2.2) The goal of the policy is to optimize student learning and performance through ensuring that foods served and sold in its schools have nutritional value and are consistent with *Canada’s Food Guide* and the provincial *School Food Guidelines*.
- 800.6(2.3) The District requires that foods served and sold in all school settings and at school events, 24 hours a day, every day of the week, comply with school food guidelines as established by the provincial government.

- 800.6(2.4) The District:
- a) Recognizes that schools are key partners in the promotion of healthy lifestyles for students;
  - b) Views the promotion of good nutrition as part of a comprehensive approach to school health;
  - c) Believes that food programs in school settings must be consistent with, and support, nutrition education that is part of the curriculum; and,
  - d) Believes that the purpose of selling food and beverages in schools is to meet students' nutritional needs and not primarily for fundraising purposes.

### **800.6(3) Policy Rationale/Purpose**

The NCSD Nutrition and Healthy Eating Policy is based on the School Food Guidelines, as developed and released by the Provincial Government of Newfoundland and Labrador in June 2006. Updated in 2008, the guidelines address one component of the “Healthy Students-Healthy Schools” Initiative, a provincial strategy that is jointly administered between Health, Education and Tourism, Culture, and Recreation. The School Food Guidelines and supporting tools are available at [www.LivingHealthySchools.com](http://www.LivingHealthySchools.com).

Nutritious eating impacts the health of our children when they are young, and helps them to develop healthy lifestyle practices as they grow into adults. There are major concerns about the eating habits of today's children and youth. Compelling evidence exists that the benefits of eating well include:

- Improved cognitive development and academic performance
- Enhanced concentration, self-esteem, and behaviour
- Protection against chronic diseases and other illnesses
- Better overall health, growth, and development.

Parents are the first and most important influence on children's eating habits. However, next to the family, school is identified as one of the most influential factors in a child's life. The evidence shows that school-based programs can promote healthy eating and help to reduce childhood obesity.

The Nova Central School District has had a nutrition policy in place since 2007. As a result, we now have a school environment where students are offered healthy choices. The goal of this updated policy is to further empower school success through the promotion of healthy eating by our students.

### **800.6(4) References**

- 800.6(4.1) [School Food Guidelines](#), Government of Newfoundland and Labrador  
800.6(4.2) [Achieving Health and Wellness](#): Provincial Wellness Plan for Newfoundland and Labrador.

- 800.4(4.3) [Eating Well with Canada's Food Guide](#): Health Canada, Government of Canada;
- 800.4(4.4) [Environmental Regulations and Standards](#), Government of Newfoundland and Labrador

### 800.6(5) Scope

*This policy applies to:*

- 800.6(5.1) All settings under the jurisdiction of Nova Central School District, including all schools, board offices and other working sites operating under the name of NCSD or any individual school.
- 800.6(5.2) All food served and sold through cafeterias, canteens, and vending machines.
- 800.6(5.3) *Kids Eat Smart Clubs* and all other breakfast, recess/snack and lunch programs.
- 800.6(5.4) Food purchased and provided for all meetings and training breaks.
- 800.6(5.5) Food sold in schools through privately contracted food service providers as well as to foods sold or served by school staff, students, or volunteers.
- 800.6(5.6) Food served/sold during on-site, school-sponsored special events, tournaments, fairs, and all fundraising events connected to a school-based program or occurring at the school.
- 800.6(5.7) Food provided to classes from an outside individual or group.

*This policy does not apply to:*

- 800.6(5.8) Foods brought to school by students for their personal consumption.
- 800.6(5.9) Foods brought to NCSD work sites by staff for their personal consumption.
- 800.6(5.10) Foods purchased/consumed during school field trips (eg. out-of-town sport tournaments, visits to special sites, tours), although *every effort must be made* by supervising teachers/adult volunteers to ensure healthy choices are made available where possible.

### 800.6(6) Roles and Responsibilities

Responsible Division: **Programs**

- 800.6(6.1) The **Assistant Director of Education [Programs]** shall be responsible for the implementation, monitoring and revision of policies pertaining to the administration of medications to students.
- 800.6(6.2) **School Administrators** are ultimately responsible for upholding and enforcing the school district policy for their school.

## 800.6(7) Procedures\*

- 800.6(7.1) Exceptions
- 800.6(7.2) Standards: Quality & Access of Foods Served/Sold in Schools
- 800.6(7.3) Requirements/Standards: Nutrition Education
- 800.6(7.4) References

## 800.6(8) Definitions

- 800.6(8.1) **NCSD:** Nova Central School District
- 800.6(8.2) **SHPLC:** School Health Promotion Liaison Consultant
- 800.6(8.3) **Healthy Food Choices:** Foods as defined in Canada's Food Guide and belonging to one of the four food groups, consistent with portion sizes recommended in Canada's Food Guide.
- 800.6(8.4) **Obesity:** Overweight and obesity can be measured differently, using different tools. It is based on Body Mass Index (BMI) measurements. For the purposes of this policy, obesity refers to excess body weight that poses health risks.
- 800.6(8.5) **Good Nutrition:** Foods that support nourishment and the body uses for growth, replacement of tissues and prevention of diseases.
- 800.6(8.6) **Satiety:** Feeling of fullness and disappearance of appetite after a meal.
- 800.6(8.7) **Anaphylaxis:** "allergic shock" or "generalized allergic reaction" is a severe allergic reaction that can lead to rapid death if untreated. Anaphylaxis occurs when the body's immune system reacts to harmless substances as though they were harmful invaders.
- 800.6(8.8) **Chronic Condition:** A chronic condition is continuous or persistent over an extended period of time. A chronic condition is one that is long-standing, and not easily or quickly resolved.

## 800.6(9) Review

This policy shall be reviewed every two years.

## 800.6(10) School Policy

Schools may develop their own policies to address food programs and promotion of healthy food choices. These individual school policies must be in line with the District's Nutrition & Healthy Eating Policy and the School Food Guidelines.