

LIVING HEALTHY

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OCTOBER 6, 2008

WESTERN SCHOOL DISTRICT

NUTRITION POLICY (revised Sept., 2008)

As of September, 2008, all foods and beverages served or sold to students at all school-sponsored events, must be in accordance with the Provincial School Food Guidelines. During the two-year transition period, principals made suggestions to District Administration about changes they would like to see in the [District's Nutrition Policy](#). The following changes have been approved:

Energy Drinks

1.7 Energy drinks are high in caffeine, sugar, and additives. As schools are concerned about their affect on students' behavior and health, these drinks are strongly discouraged on school property.

Special Occasions

1.9 At the discretion of the principal, some flexibility is permitted during special occasions to allow food to be served from outside the Provincial School Food Guidelines. Special occasion foods can be served up to a maximum of three times per school year and must be offered along with foods that do fit within the Food Guidelines so students can have a healthier option. If schools choose to exercise this flexibility option, school principals are responsible for choosing the three special occasions per school year, e.g. Christmas, Valentine's Day, Graduation.

Outside Vendors

2.4 No vendor or outside group can sell food on school grounds without the approval of the school principal. If permission is given by the principal, foods provided to students must meet the School Food Guidelines.

Compliance

4.4 To ensure compliance with the Western District Policy, schools are expected to identify an individual or a committee to promote healthy eating and monitor foods and beverages sold and served to students. (The committee could be the Living Healthy School Committee or the Safe and Caring School Committee.) This individual or committee will carry out a regular review of the canteen, cafeteria, vending machines, and breakfast programs to ensure compliance with the District Nutrition Policy.

QUESTIONS ABOUT SNACKS

With the revised Provincial School Food Guidelines, an attempt has been made to take the guesswork out of good nutrition in schools. Specific criteria have been laid out for each of the four food groups. These criteria are available at www.wnlsd.ca (follow the links to *Student Health/Eating Healthy*) where you can also find suggestions for healthy snacks for a school canteen. Many questions have come in over the last couple of weeks. Here is a summary of those inquiries, mostly related to snacks:

Sun Chips

The only chip that meets the fat content of 3 grams of fat or less per 60 g serving is Baked Lays. Sun Chips are high in fat and do not meet the Guidelines.

Crispers

These do not meet the Guidelines because of high fat and sodium content.

Chocolate Milk (Serve Moderately)

Ice Cream

The only ice cream to meet the criteria on the Guidelines is low fat Ice Cream (Skinny Cow from Scotsburn is Serve Moderately) or fudgesicles (Serve Moderately). Yogurt Tubes and low fat Yogurt are also Serve Moderately items.

Rice Krispie Squares

These cookies have no fibre and so do not meet the Guidelines and cannot be served in schools.

Country Ribbon Chicken Nuggets & Strips

These meet the Guidelines as a Serve Most item.

Aquafina Flavored Water

Artificially sweetened beverages do not meet the Guidelines and cannot be served in schools.

Muffins

Muffins must be whole grain (i.e. bran or oatmeal), low in fat, with fruit additives (not chocolate).

FUNDING AVAILABLE FOR SCHOOL HEALTH

Western District schools can apply for a Healthy Schools Community Grant with their Regional Wellness Coalition. Each school can apply once per year for a grant to support current or planned initiatives that promote health and wellness in the school community. Living Healthy School Teams are encouraged to partner with the school council, student council, school cafeteria co-ordinator, and other community groups to create an application. [Application Forms](#) are available online. The next deadlines are October 15 for the Western Coalition and October 31 for Northern.

KIDS EAT SMART WALK TO BREAKFAST OCTOBER 24

Over 70% of Western District schools are offering breakfast or snack programs subsidized by the Kids Eat Smart Foundation. To highlight this, a Kids Eat Smart Week has been set for Oct. 20 - 24 with the province-wide [Kids Eat Smart Walk to Breakfast](#) scheduled for Friday, Oct. 24.

The Kids Eat Smart Foundation is pleased to announce the appointment of Heather Williams as the Foundation's Regional Co-ordinator. She will be based in Corner Brook and will be working with already established Kids Eat Smart Clubs and helping to start new ones throughout the Western District. You can reach Heather by email at hwilliams@kidseatsmart.ca

STEPPING OUT FOR OCTOBER

The first Stepping Out activity for this year was the Living Healthy Commotions. Funds were provided to each school to host this event. Congratulations to all who participated! For October and November, twenty-six schools have registered for the Stepping Out activity, the [Wonder+ Fresh Fitness Challenge](#). At the end of November, a draw for a \$100 gift certificate will be held for participating schools. Good luck with this!

DISTRICT RESOURCES

Healthy Eating Toolkit

These excellent toolkits from the School Milk Foundation are available for loan to schools. The kit complete with food models, videos, and curricular activities could be invaluable for teachers of Healthy Living, Nutrition, or Health courses.

Pedometer Kits

Class sets of pedometers are available for loan to schools. These kits help people get active through walking and other activities. Each kit includes 18 pedometers and suggestions for a group activity. Kits are available for loan to schools at no cost.

Jump to Be Fit Skipping Kit

A class set of jumping ropes, posters, and DVD's is available for loan to schools.

To borrow any of these, schools can contact Bill Allan at 637-4021 or email bill.allan@wnlsd.ca

LIVING HEALTHY COMMOTIONS

On Sept. 26, schools in the Western District participated in the *Living Healthy Commotion Day*. This day was used to kick start an increased focus on healthy eating and physical activity and celebrate each school's commitment to health. Congratulations to teachers, principals, and students who helped make the day such a success!

To help offset the cost of activities for schools, funds were made available by the Departments of Education and Health. These funds will be transferred to school accounts once the evaluation forms are returned to Bill Allan at District Office or emailed to bill.allan@wnlsd.ca

HALLOWEEN TREATS

The Western School District's Nutrition Policy states that celebrations and special occasions in schools should reflect healthier food choices and/or include physical activities. Teachers may wish to use the list of [Healthy Halloween Treats](#) to plan activities for their students.

NEED HELP????

If you need help with the Provincial School Food Guidelines, the District Tobacco Free Environment Policies, or a Physical Activity initiative, please contact the School Health Promotion Consultant.

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