

Wingham HB School

# Nutrition Policy

Box 45 • Elm Creek, Manitoba • R0G 0N0

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***Wingham HB School Nutrition Statement:***

Good nutrition is important for development, growth and learning. We believe that our school has the responsibility of promoting and supporting good nutrition practices by providing an environment that fosters healthy food choices. Nutrition education should provide the knowledge and awareness to encourage students to practice healthy eating habits in and out of school. Practicing healthy food choices will lead to a healthier and a more fulfilled life.

**“My child, test yourself while you live; See what is bad for you and do not give in to it. For not everything is good for everyone, And no one enjoys everything. Do not be greedy for every delicacy, Do not eat without restraint.” Sirach 37:27-29**

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Date Revised:  
12/1/2007

## **Introduction**

The purpose of these guidelines is to support and promote healthy food choices in our school and larger community. We believe that our students need the knowledge, skills and experiences in order to make nutritious and enjoyable food choices in their daily lives. We believe that good nutrition is vital to the mental and physical health of each student and his/her potential for learning. Our role is to work with all members of our school community in helping to foster positive attitudes towards nutrition and to create lifelong healthy eating habits.

## **Purpose and Goals:**

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

1. A sequential program of nutrition instruction that is integrated within the comprehensive school health education curriculum and that is aimed at influencing students' knowledge, attitudes, and eating habits.
2. An overall school environment that encourages students to make healthy food choices.
3. Opportunities and encouragement for staff to model healthy eating habits.
4. Services to ensure that students and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment.
5. Strategies to involve family members in program development and implementation.

## **Food and Beverage Guidelines**

1. Food and beverages served for the school, or an organization of the school, during the school day or at school sponsored events, will be consistent with the Manitoba Schools Nutrition Guidelines. This will include hot/special lunches. Although healthy foods should be promoted for daily consumption, as well as on celebration days, it is recognized that there can be flexibility on celebration days.
2. Parents/guardians will be encouraged to send healthy snacks with their children. The Parents/guardians will be provided with information on healthy choices from the Manitoba Schools Nutrition Guidelines and are expected to send healthy snacks to school.
3. Water will be available to students throughout the day as required.
4. Less healthy foods should not be offered as a reward to students for good behavior, achievement, or participation in activities.
5. Snacks that offer little or no nutritional value such as candy, gum or bars should not be brought to school.
6. Hand washing/sanitization will be encouraged throughout the day and before meals are consumed.

## **Education Guidelines**

1. Students shall receive Nutrition Education as outlined in the “Manitoba Kindergarten to Grade 12 Physical Education/Health Education Curriculum Framework of Outcomes for Active Healthy Lifestyles”, the “K – 4 Science, A Foundation for Implementation” and the “Grade 5 – 8 Science, A Foundation for Implementation” documents.
2. Teachers shall have the appropriate training and resources to achieve the outcomes as listed in the documents above. If more resources are required, they will be acquired to enable teachers to teach these units effectively.
3. The staff, volunteers, and parents/guardians in our community are encouraged to model healthy eating practices and to provide healthy food experiences in accordance with the Manitoba Physical Education/Health Education Curriculum and Manitoba School Nutrition Guidelines.

## **Food Allergies**

1. Parents/guardians will work with the school to ensure that staff/volunteers are aware of food allergies and/or children who have food-related chronic health conditions.( e.g. diabetes, celiac, lactose intolerance)
2. It is the responsibility of the parent/guardian and the student, depending on their age and condition, to notify the school of allergies and medical conditions, and to make informed choices from the foods available at the school.
3. The school will inform the students and the school community of food substances that are known life threatening allergens to individuals in the school so they can be discouraged from having these substances at school or school activities.

## **Responsibility**

It is the responsibility of the principal, with the assistance of the staff and volunteers of the school, to implement these guidelines. The principal shall report annually to the Parent Advisory Council and/or the Board of Directors on the implementation of these guidelines in the school.

**Bibliography:**

“Nutrition Policy” Archdiocese of Winnipeg Catholic Schools

[http://www.nasbe.org/healthyschools/healthy\\_eating.html](http://www.nasbe.org/healthyschools/healthy_eating.html) retrieved May 9, 2007