

SCHOOL DISTRICT NO. 53 (OKANAGAN SIMILKAMEEN)

POLICY

No. G-10

Adopted: October 24, 2012

Amended:

HEALTHY LIVING

Preamble:

The Board of Education for School District No. 53 (Okanagan-Similkameen) recognizes the role schools play as part of a larger community to promote health for its students. The Board believes an important connection exists between healthy eating, physical activity and a student's ability to learn and promote lifelong healthy living.

Policy:

The Board of Education supports an integrated approach from school, district, home, and community that encompasses instruction, healthy food choices, and quality physical and health education programs.

REGULATIONS

A. Instruction and Awareness

- a. Schools are encouraged to teach and look for opportunities to reinforce the essential knowledge and skills students need to become health-literate. Students need knowledge and skills to make health enhancing choices and to avoid behaviours that can damage their health and well-being.
- b. Schools are encouraged to integrate learning experiences that educate students on the importance of production, processing and distribution of local food.
- c. Schools should review and consider the resource, *“Healthy Eating”* rubrics for K-3, 4-6, and 7-9 (Developed by Oliver Elementary School)
- d. The District and its schools are encouraged to work cooperatively to increase communication between the school, home, and community by providing information and opportunities for involvement. At the discretion of each school, this may be accomplished through:
 - i. Providing information via regular newsletters and websites
 - ii. Encouraging parents and guardians to participate in relevant health related home or school health activities

B. Healthy Food Choices

- a. School sales and distribution of food products during school sponsored events will be based upon the *“Guidelines for Food and Beverage Sales in BC Schools (2010).”*
- b. Schools are encouraged to work with parents, staff, Parent Advisory Committee and community partners to promote nutrition and healthy eating for all students.
- c. Principals will review food services annually with the school staff and the school’s Parent Advisory Committee.
- d. Local food sourcing should be considered for school sponsored events and programs.

C. Quality Physical and Health Education Programs

- a. Schools should review physical education programs to link nutrition and physical activity to ensure students understand the importance of how they combine to support healthy lifestyles.
- b. Schools are encouraged to provide opportunities for students to be active in ways that are relevant to them as individuals.
- c. Schools are encouraged to become “Action Schools”