

***Health & Wellness
Guidelines
2012-2013***



Live, Learn, Love, Lead Together



Alberta Project Promoting
active Living & healthy Eating

This guideline has been created with input from:

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Along with the input, feedback and guidance of:

Westview staff, students and Parent Council,

1) Purpose of a Health & Wellness Guideline:

To ensure there is a common application, language and understanding of nutrition in our school, resulting in a positive effect on health and academic achievement for all our students.

2) Westview School Mission & Vision Statements:

Mission: Westview School is a learning community that takes pride in promoting high quality education and healthy living. We foster a diverse, respectful learning environment through leadership and cooperation. We celebrate each other's unique contributions, and this is reflected in the happy faces of our students.

Vision: Live, Learn, Love, Lead, Together

3) Feedback and Input from Westview School's Community:

- In May 2012, 86% of parent respondents indicated that schools should discourage unhealthy foods for class rewards and during school celebrations.

- In May 2012, 75% of students indicated that they would rather take part in physical activities during celebrations.

- In May 2012, 72% of staff respondents indicated that the school should discourage unhealthy food choices during school hours and whole school events.

4) REAL KIDS Nutrition 2011

Since 2011 Westview School has participated in the REAL Kids Alberta (Raising Healthy Eating and Active Living Kids in Alberta) evaluation process which supports the development and implementation of a school healthy policy.

- 19% of Westview students consumed at least 6 servings of fruits and vegetables per day, and 14% of Westview students consumed at least 6 servings of grain products per day. 57% of Westview students consumed at least 3 servings of milk and alternatives per day.
- 78% of Westview students consumed at least one serving of meat and alternatives per day.

**Note these are all the recommended daily servings for children and youth.*

5) Scope:

Celebrations, Events and Holidays:

Westview School will encourage “Choose Most Often” (80%) and “Choose Sometimes” (20%) food and beverages during all celebrations, events and holidays held at the school. One “Choose Least Often” food/beverage may be included in the occasion as long as a healthier choice is provided (ie, 5 “Choose Most Often items, 1 “Choose Least Often item). A good tool to use for your occasion would be a sign-up sheet, an example is provided in the appendix.

- Valentine’s Day
- Christmas
- Halloween
- Easter
- School BBQ’s
- St. Patrick’s Day
- Year end celebrations

Student Birthdays:

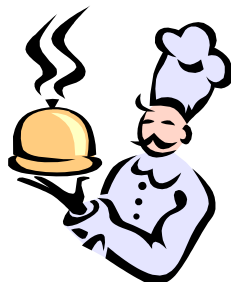
Westview will encourage non-food items, such as pencils, erasers or books for the class library. When food and beverages are used, selections will be made according to The Food Rating System: “Choose Most Often” Foods (Snack for Warriors). Please ensure that all items are **NUT SAFE**.

- Based on the majority of parent feedback and allergy concerns, when “Choose Least Often” items are brought to school they will be sent back home with the student.



Food sold and served at the school:

Westview School will only provide food and beverages that meet the “Choose Most Often” (80%) or “Choose Sometimes” (20%) criteria (Snack for Warriors List), during school functions.



Hot Lunches:

Westview School will provide two “Choose Most Often” and two “Choose Sometimes” food days on our Hot Lunch menu. As more “Choose Most Often” choices become available from the vendors we will revisit this to encompass “Choose Most Often” choices.

Fundraising:

Westview School will support student health and school nutrition-education efforts and therefore school fundraising activities will include food from the “Choose Most Often” category.

Westview will encourage fundraising activities that promote physical activity.

- Jump Rope for Heart
- Family Dance Nights

School Supported Programs:

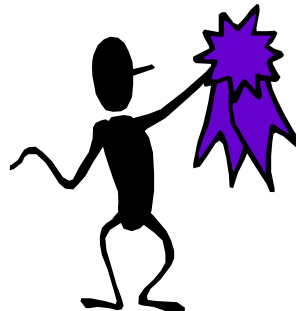
Westview School will encourage “Choose Most Often” and “Choose Sometimes” food and beverages during all school programs held at the school.

- Go Girls
- Roots of Empathy
- Sport Teams
- Cross Guards
- Mentoring or counseling program
- School Clubs

Classroom Incentives and Rewards:

Westview School chooses alternatives to food as rewards to support academic performance or preferred behaviours. Our school will encourage non-food rewards.

- Extra DPA
- Dance Party
- Extra recess
- Art Class
- Teacher chair
- School supplies



Instructional Materials:

Westview School staff will use “Choose Most Often” items during classroom instruction when food is needed as an instructional tool. Situations in which students are not consuming the item (ie, art projects) exceptions can be made using professional judgment.

Staff Role-Modeling:

Westview School recognizes that each individual is different and accommodations have to be made depending on the situations that arise. Westview School staffs are asked to use their discretion when making healthy choices to ensure that students are exposed to messages about healthy choices at school and support the concept of the healthy choice being the easy choice for all students.

Snacks for Warriors

Choose Most Often: Daily snacks & Beverages	
Fresh fruit or vegetables	Cereal/Granola Bars (Kashi, Kellogs, Quaker- Chewy 25% less sugar)
Canned fruit cup packaged in water or 100% Juice	Triscuits
Applesauce cup	Cereals (Multi-grain Cherrios, Mini-Wheats, Honey Combs) *per recommended serving size
Dried fruit bars (Sunrype- Fruit Source)	100% Real Fruit Juices
Dried Fruit	Milk (2%, 1%, Skim, Milk to Go, Fortified Soy beverage)
Nutri-Grain bars (Kelloggs- Bite Size Granola Snacks)	Smoothies (Real fruit, milk, plain yogurt)
Whole wheat pita & hummus	water

*** For home baked "Choose Most Often" tasty treats check out our school website.*

Choose Sometimes: Twice a Week snacks & Beverages	
Sweetend Dried Fruit (Ocean Spray Craisins, mangos)	Pudding (Compliments – chocolate, vanilla, tapioca)
Fruit Snacks (Sunrype- Sqiggles & Fun Bites: 100% fruit snacks)	Popcorn (salted)
Crackers (Goldfish baked snacks, Thinsations)	Cheese (Cheese strings & snacks, Babybel)
Cookies (Mr. Christie: soft baked, Crispy Delights, Teddy Grahams (honey), Arrowroot Cookies)	Cereals (Golden Grahams, Vector, Shreddies)
Flavoured Yogurt (tubes, Yop, individual cups)	Chocolate Milk

Taken from the Single Serving Packaged Food List; developed by Alberta Health Services Registered Dietitians/Nutritionists, 2009.

References:

- 1) Alberta Nutrition Guidelines for Children and Youth, Alberta department of Health
- 2) Single Serving Packaged Food List, developed by Alberta Healthy and Services Registered Dieticians and Nutritionists on the Alberta Provincial Nutrition Tasks Force on Comprehensive School Health.
- 3) School Lunch Restaurant List, developed by Nutrition Services in partnership with Health Promotion, Disease and Injury Prevention.
- 4) Healthy Rewards, -pg. 29
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-handbook.pdf>
- 5) Healthy Classroom Parties – pg. 30
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-handbook.pdf>