

## **Kikino School Health Nutrition and Activity Policy**

This policy is developed in accordance to the latest research and is supported by Alberta Education and Northern Lights School Division. The purpose of this policy is to increase student and staff access to and enjoyment of health promoting food and beverages in Kikino School. The goal is to help make the healthy choice the easiest choice for students and staff in Kikino School. The policy will contribute to the nutrition related health and education outcomes to the children and families we serve on the Kikino Métis Settlement.

### **Access to Food**

All students need healthy food and activity during the school day to sustain the energy and concentration required for learning.

### **Food and Beverage Choices**

Providing a variety of healthy, acceptable food and beverage options for students and staff reinforces the nutrition curriculum taught in the classroom. Students and staff have the opportunity to choose less nutritious food and beverages outside of the school setting. This policy, therefore, promotes the serving and selling of healthy food choices by the school.

- Kikino School will serve a variety of healthy food and beverages as part of the breakfast and hot lunch program. Both the breakfast and hot lunch program are centered around the FNMI food pyramid which takes into account the nutritional value of traditional foods.
- All classrooms will inform parents throughout the year that healthy choices are encouraged as part of the snack program. Students will not be allowed to bring pop, chips, chocolate bars during snack time. Parents will be educated on the lack of benefits of sugar snacks such as fruit roll ups etc...

### **Promotion and Advertising**

The business world is keenly aware of the potential to build preferences and cultivate brand loyalty. Partnerships between school and business can be mutually beneficial. However, any business partnership between Kikino School and a business must work to develop a culture and an environment that supports health by:

- Promoting healthy food and beverage choices.
- Displaying attractive, current promotional materials related to healthy eating and active living throughout the school.

### **Time to Eat, Play, and Learn**

Enjoying meals with others is an important component of healthy eating. The human brain requires approximately 20 minutes registering satiety.

- Students will play from 12:00-12:20. Time to each lunch will be from 12:25-12:45
- Classroom teachers will allow for snack time to be built into their learning time in the AM and PM.
- All students will have 30 minutes of daily physical education. This time must not be used for punishment.

## **Vulnerable Children**

- Kikino School will have healthy foods on hand for students who do not have.
- Kikino School will ensure that students and families are aware of breakfast, lunch, and snack programs that are offered at no cost and are open to all students.
- Kikino School will ensure that food programs are made available to students in a non stigmatizing manner.
- Parents and staff will work together to ensure staff/volunteers are aware of food allergies and guidelines for support.
- It is the responsibility of the parent/caregiver and the student, depending on their age and condition, to notify the school of allergies and medical conditions, to have the appropriate Northern Lights School Division medical forms filled out by the family doctor and returned to Kikino School, and to make informed choices from the available food.
- Kikino School will serve and sell foods that are in alignment with Northern Lights School Division Anaphylaxis and/or Peanut administrative procedures.

## **Clean Drinking Water**

Water is an essential nutrient. Even mild dehydration can reduce mental functioning, alertness, and energy levels.

- Teachers and administrator will encourage students to drink water. Water bottles will be allowed into the classroom.
- Students will be encouraged to increase water consumption during hot weather and periods of increased activity.
- Parents and students will be educated on the importance of using an approved water bottle that is taken home daily to be cleaned with warm water and soap. Students will be discouraged from re-using a water bottle.

## **Quality of Food Served and Sold by School**

- All food and beverages served and sold by the school during the school day will be consistent with health guidelines.

## **Portion Sizes**

It is important that the portion sizes offered to students and staff reflects and supports healthy eating behaviours.

- Kikino School will provide appropriate portion sizes for food and beverages served or sold.

## **Special Functions**

Special school functions and celebrations provide an opportunity to share in school spirit and showcase healthy lifestyles in action.

- The foods and beverages served or sold at student and staff special events will reflect the nutrition focus of the school.

### **Fundraising**

Fundraising with healthy food and beverage choices or non food items is supportive of the nutrition messages taught in the classroom, home, and broader community.

- Fundraising efforts by Kikino School will center around non food products or foods that are suitable to serve or sell as part of the nutrition focus of this school.

### **Nutrition Education**

Nutrition education includes the formal, hidden, and parallel curriculum. The health education curriculum describes the attitudes, skills, and knowledge students need to adopt and maintain a lifelong healthy eating pattern.

- Curriculum: Kikino School will integrate nutrition education into other subject areas (eg. Reading nutrition labels in math) and activities beyond the classroom.
- Kikino School will work to establish partnerships to enhance teacher education in the area of nutrition and fitness; to have access to resources needed to address food and nutrition curriculum outcomes

### **Role Models**

School staff, volunteers, visitors, parents are all influential role models for students.

- School staff, administrator, volunteers and students are encouraged to model healthy eating practises consistent with this policy.
- School staff, administrators, volunteers, visitors, and students are encouraged to take the time to eat meals and snacks for their own health and well being, as well as for role modeling purposes.

### **School Activities, Resources, and Environment**

Children need to eat when they are hungry and stop when they are full if they are to develop a healthy relationship with their bodies as well as learn healthy eating behaviours. Using food as a reward teaches children to eat when they are not hungry. Finding alternatives to food rewards is an important part of providing a healthy school environment.

- School staff and volunteers will not offer food as a performance incentive, or withhold food from students as punishment.
- Kikino School will reinforce the policy and within school athletic and physical activity programs.
- Kikino School Council and Lunch Program Committee will be charged with overseeing the adherence and implementation of this policy.