

St. Luke Catholic School Nutrition/Wellness Policy

Background

It is our belief that the human body is created by God and therefore it is good. We believe that it is our God-given responsibility to care for our bodies and to treat them with dignity.

Schools can help students learn, establish, and maintain patterns of nutrition and physical activity that help keep their bodies healthy. Well-planned and effectively implemented school wellness programs can help students to achieve greater health in mind, body, and spirit. At St. Luke Catholic School, we are committed to promoting a healthy school environment by supporting and emphasizing student spiritual and mental wellness, good nutrition, and regular physical activity.

St. Luke Health Committee Vision Statement for Health (2009)

“The St. Luke Catholic School Community supports a healthy school environment where students, staff, families and community members make healthy, educated, faith-based choices and are empowered to live a healthy, active lifestyle for body, mind and spirit.”

Goal

St. Luke Catholic School shall develop, implement, and maintain a comprehensive policy to encourage healthy eating and physical activity within the school community. The plan shall make effective use of school community resources and equitably serve the needs and interests of the entire school community. The St. Luke Nutrition/Wellness Policy shall be developed within the guidelines of the Elk Island Catholic School District (EICS) Nutrition Policy (www.eics.ab.ca).

REAL Kids Feedback from Survey of Grade 5 Parents

St. Luke Catholic School parents support healthy eating and the promotion of physical activity.

- In 2009, 90% of parents surveyed agreed that schools should ban or limit the availability of unhealthy foods at school.
- In 2009, 80% of parents surveyed agreed that schools should discourage or not allow students to bring unhealthy foods to school.
- In 2010, 84% of parents surveyed reported that they encourage their child to be physically active Quite a Bit or Very Much.
- In 2010, 100% of parents report that they have easy access to purchase fresh fruit and vegetables in their neighbourhood.
- In 2010, 74% of parents report eating at the table together more than three times per week.

REAL Kids is a joint project of the School of Public Health, U of A, and Alberta Health and Wellness. This evaluation project seeks to provide some measurable behavioural and health outcomes for children in Alberta. –REAL kids report, 2010
School of Public Health, University of Alberta

Adopted by St. Luke Staff Dec. 7, 2011

Scope

The St. Luke Catholic School Community shall require that all foods made available on the school premise should offer children nutritious choices in accordance to the Alberta Nutrition Guidelines for Children and Youth and Eating Well with Canada's Food Guide.

a) Food as Rewards: The staff at St. Luke Catholic School chooses alternatives to food and beverage rewards for academic performance or desired behaviour. If food and beverages are to be used, then selections will be made using "Choose Most Often" and "Choose Sometimes" categories.

b) Food Served or Sold at the School: Food and beverages provided or sold by the school will follow the "Choose Most Often" and/or "Choose Sometimes" classification. This includes but is not limited to: food programs (Hot Lunch, Grab N Go program), taste-testing, vending.

c) Celebrations, Events and Holidays: At St. Luke, "Choose Most Often" and "Choose Sometimes" foods and beverages will be used at all celebrations, events and holidays. As stated in the EICS Nutrition Policy, foods and beverages from the "Choose Least Often" category are not recommended.

- Celebrations and holidays at St. Luke Catholic School include activities that do not focus on food.

d) Lunches: Staff, parents, and students will demonstrate a commitment to healthy eating by including foods from the "Choose Most Often" and "Choose Sometimes" guidelines in the lunches that they consume at the school.

e) Fundraising: To support student's health and school nutrition-education efforts, school fundraising activities will strive to include food from the "Choose Most Often" and "Choose Sometimes" guidelines.

- St. Luke Catholic School promotes non-food fundraisers and fundraising activities that promote physical activity.

f) Staff Role-Modeling: St. Luke Catholic School staff recognize the importance and impact that healthy role-modeling can have on influencing student behaviours. All staff members are encouraged to choose food and beverages from the "Choose Most Often" and "Choose Sometimes" guidelines during school hours, school meetings and when interacting with students at school (e.g. staff will not drink soft drinks in the classroom or hallways.)

g) Education: St. Luke Catholic School staff will provide nutrition education to the school community to foster lifelong habits of healthy eating.

- This includes but is not limited to health class, physical education class, and all school sponsored events.

The St. Luke Catholic School Community shall require that Daily Physical Education and active play be integral in our school schedule planning

a) Daily Physical Education: Every day, every class will receive at least 30 minutes and up to 45 minutes of scheduled daily physical education

b) Reverse Lunch for Elementary Students: In order to promote active play and then give students ample time to focus on eating, lunch time will occur after 20 minutes of recess activity.

Supporting Documents/Websites:

1. Elk Island Catholic Schools Policy IHD – Nutrition Policy
2. Alberta Nutrition Guidelines for Children and Youth, 2011
3. Single Serving Packaged Foods List, 2011
4. APPLE Schools Facilitator website
 - Healthy Fundraising
 - Alternatives to Food Rewards
 - Healthy Celebrations
 - Planning Meals and Snacks
4. Healthy U Food Checker (<http://www.healthyalberta.com/HealthyEating/foodchecker.htm>)