

COMPREHENSIVE SCHOOL HEALTH AND WELLNESS

Background

The Board of Trustees commits, within the limits of resources, to support the creation of school environments that promote comprehensive school health, wellness and facilitate healthy lifestyle choices for staff and students. This is in line with our Catholic belief that the human body is created in the image and likeness of God, and is to be treated with dignity and properly cared for. In order to grow, learn and thrive, students need access to healthy eating, active living and positive Christ-centred social and emotional wellness. The Division will engage stakeholders to discuss and jointly make decisions which promote healthy lifestyle choices.

Guidelines

While the overarching philosophy of this administrative procedure establishes specific guidelines at the board level, there is recognition that each school has its own uniqueness and is encouraged to meet these healthy eating, active living and positive Christ-centred social and emotional wellness guidelines within its own environment.

Procedures

Healthy Eating means:

1. All students, K-12, will have opportunities, support and encouragement to access healthy eating.
2. Foods and beverages sold or served at school will support healthy eating choices.
3. Schools will provide nutrition education and will establish links between education, food available at school and for school activities.
4. The school will link health education and foods available in the school, will schedule lunch breaks with time for eating and recreation, will limit the use of food rewards, will include both foods from the “*Choose Most Often*” and “*Choose Sometimes*” categories as outlined in the Alberta Nutrition Guidelines for Children and Youth (2008) [Alberta Nutrition Guidelines for Children & Youth](#) on special occasion days.
5. The school will promote healthy, reasonably priced food choices; will access expertise in the community, offer foods from the “*Choose Most Often*” and “*Choose Sometimes*” categories, and only rarely, foods from the “*Choose Least Often*” category.
6. The staff may choose healthy fundraising options, may create a positive food environment, review options with food providers for healthy schools, and define frequency of special food days.

7. The schools will link with the health authority, coordinate information regarding school stores, cafeterias and vending, increase access to food programs to reduce hunger, meet regularly with division suppliers.

Active Living means:

1. All students, K-12, will have opportunities, support and encouragement to access active living activities.
2. All students are encouraged to become more actively engaged in meeting General Outcome B of the Physical Education Program of Studies: Students will understand experience and appreciate the health benefits that result from physical activity.
3. All students are encouraged to become more actively engaged in meeting General Outcome D of the Physical Education Program of Studies: Students will assume responsibility to lead an active way of life.
4. The school will facilitate student activity levels and cardiovascular health to promote student and staff physical activity through use of programs such as, but not limited to, Healthy Hearts and Everactive Schools.

Positive Christ-centred Social and Emotional Wellness means:

1. All students, K-12, will have opportunities, support and encouragement to access positive Christ-centred social and emotional wellness.
2. All students will be provided with knowledge, skills, attitudes and opportunities to:
 - 2.1 to know Jesus Christ;
 - 2.2 realize their abilities;
 - 2.3 cope with the normal stresses of life;
 - 2.4 learn and work productively; and
 - 2.5 contribute to their communities.
3. All students will be provided with guidance and opportunities to demonstrate positive Christian characteristics:
 - 3.1 recognize what Jesus would do;
 - 3.2 prayer life;
 - 3.3 understand, manage and express thoughts and emotions in constructive ways;
 - 3.4 feel connected, safe and valued;
 - 3.5 establish positive relationships and support networks;
 - 3.6 practice reflective and metacognitive thinking skills;
 - 3.7 develop mindfulness;
 - 3.8 demonstrate resiliency and coping skills; and
 - 3.9 understand benefits of spiritual and mental well-being, physical ability, healthy eating choices, and learning.

Christ-centred Catholic Wellness Communities means:

1. All employees act from a faith-based understanding that prayer life, staff advocacy and role modeling influence wellness and learning.
2. School or site leaders, together with staff and stakeholders, will establish environments that support, ensure and integrate positive Christ-centred social and emotional wellness, physical activity and healthy eating.
3. Schools will support and provide learning opportunities for staff in positive Christ-centred social and emotional wellness, physical activity and healthy eating.

Reference: [Alberta Nutrition Guidelines](#)
[Everactive Schools](#)
[City of Leduc Healthy Hearts](#)

APPENDIX 1

Choose most often

These foods should be the main focus in a healthy diet, with special emphasis on Grain Products and Vegetables and Fruits. Foods on this list tend to be rich in essential nutrients. Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D and are generally low in fat, sugar and salt.

Grain Products	<ul style="list-style-type: none"> • Whole wheat or whole grain bread, rolls, bagels, pita bread, English muffins, waffles, pancakes, tortillas, pasta, pizza dough, cereals • Low fat, high fibre muffins with vegetables or fruit • Rice cakes, bannock, brown rice, corn bread, low fat crackers, • Unsweetened or low sugar breakfast cereals
Vegetables and Fruit	<ul style="list-style-type: none"> • Fresh fruit and vegetables or frozen without added sugar • Canned fruit prepared in its own juice • 100% vegetable or fruit juice • Applesauce or applesauce blend products • Vegetable soup • Salads without high fat dressing, fruit or vegetable salads
Milk Products	<ul style="list-style-type: none"> • 2%, 1% and skim white or chocolate milk • Yogurt (2% Milk fat or less) • Cheese • Milk-based soups
Meat and Alternatives	<ul style="list-style-type: none"> • Chicken or turkey • Fish, seafood, canned fish • Lean or extra lean beef or pork • Beans, lentils, dried peas (e.g. baked beans or chili) • Eggs, Peanut Butter, soya beverages, tofu, nuts and seeds, cottage cheese

Appendix 2

Choose sometimes

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamins A, C, or D but are also higher in calories, fat, or salt. If serving these foods combine with foods from the *choose most often* list.

Grain Products	<ul style="list-style-type: none"> • White bread, rolls, bagels, English Muffins, waffles, pancakes, pita bread, tortillas, pasta, rice • Fruit or vegetable loaves • Sweetened cereal made with oats or whole grains (e.g. Honey Nut Cheerio's) • Granola and cereal bars; low fat • Cookies (made with oatmeal, peanut butter, or dried fruit), digestive cookies • Biscuits, scones, pretzels, Rice Krispy squares, light popcorn • Non-whole grain crackers, Goldfish, animal shaped crackers, rice crackers, rice cakes • Cheese Pizza • Bagel or pita chips
Vegetables and Fruit	<ul style="list-style-type: none"> • Canned fruit in light syrup • Dried fruit, raisin boxes, • Frozen fruit bars (100% Fruit Juice) • Fruit bars or leathers • Fruit crisps, date squares • Baked potato (with low fat toppings), oven-baked potato wedges, baked potato chips
Milk Products	<ul style="list-style-type: none"> • Whole milk, hot chocolate made with milk • Frozen Yogurt (2% milk fat or less) • Processed cheese products (spreads, slices), cheese strings • Yogurt drinks, milk-based puddings, flavoured milk drinks, custards • Ice Milk (single portion Dixie cups)
Meat and Alternatives	<ul style="list-style-type: none"> • Lean cold cuts, lower fat hot dogs, baked ham • Nuts and seeds (salted)

Appendix 3

Choose least often

These foods and beverages offer minimal nutritional value, are very high in sugar, fat, salt, caffeine, sweeteners and/or processing and/or tend to replace nutritious foods when available as meals and snacks. These items are not suitable to serve or sell as part of cafeteria, canteen, vending, breakfast, lunch or snack menus

Mixed Foods	<ul style="list-style-type: none"> • Hot dogs, corndogs, • Battered/breaded and fried items (e.g. French fries, fish sticks, onion rings, chicken nuggets) • Processed, previously deep fried and oven –heated commercial products (e.g. Tator Tots, chicken fingers, Taquitos) • Donairs, egg rolls, poutine, sausage rolls, chicken wings • Dried instant noodles and single serve dried soup mixes
Baked Goods	<ul style="list-style-type: none"> • Donuts, pastries, croissants, cakes, cupcakes, tarts, pie, cookies with sweet filling, icing and/or chocolate
Processed or Snack Foods	<ul style="list-style-type: none"> • Granola bars dipped in chocolate or yogurt, or with chocolate chips or marshmallows • Candy, chips, chocolate bars, liquorice, corn nuts, sesame snaps, banana chips, cheesies, artificial fruit snacks, fruit roll-ups, Jell-O • Meal replacement bars, protein bars or energy bars
Frozen Novelties	<ul style="list-style-type: none"> • Popsicles and freezies • Ice cream, sherbet and frozen novelties (e.g. drumsticks) • Milkshakes, eggnogs
Beverages	<ul style="list-style-type: none"> • Pop, sport and energy drinks, slushes, • Hot chocolate made with water • Meal replacement shakes or beverages, • Sweetened fruit beverages, iced tea, lemonades