

# CENTENNIAL SCHOOL NUTRITION POLICY

## February 2008

### **Philosophy Statement**

Centennial School, in cooperation with the Parent Advisory Council (PAC) and community partners, recognizes its responsibility to encourage healthy lifestyles and acknowledges the important role that nutrition plays in the healthy development of the whole child.

We believe that children learn best from positive role models, and we are committed to setting an example of good nutrition. Centennial School supports the promotion of nutritious food choices in all aspects of our learning environment.

We are committed to the belief that all food served or sold in Centennial School should reinforce good nutrition as emphasized in the *Manitoba Physical Education/Health Curriculum* and the *Manitoba School Nutrition Handbook*.

### **Rationale**

Nutrition plays a significant role in growth and development, resistance to disease, and physical and mental health. It is important for children to have food that is nutritionally well-balanced. Research clearly shows that many chronic diseases such as heart disease, diabetes, and cancer have their roots in childhood and early food habits. Research also demonstrates a relationship between nutrition, and a child's physical, emotional, and intellectual readiness to learn. Concerning research indicates that today's children will be the first generation where their life expectancy may be less than that of their parents. As such, the school's role in health education, the promotion of healthy lifestyles, and disease prevention is significant.

Centennial School's Nutrition Policy was developed to address all of the above concerns with the following outcomes in mind:

- To teach healthy food choices and the long terms effects of sound nutrition
- To promote the positive impact that good eating habits have on the development of the whole child
- To increase awareness as to the significance that healthy foods have on physical and mental well-being, intellectual development, and readiness to learn.
- To encourage nutritious food choices in all aspects of our learning environment
- To help reduce the current epidemic of obesity and diabetes in our society by modeling healthy choices
- To improve the health of our students

Research shows that when basic needs such as good nutrition are being met, the rest falls into place.

## Policy

Centennial School will continue to promote healthy eating and active living through our food programs, nutrition education, and physical education programming. We will ensure that all decisions involving food and drink at Centennial School will be carried out in the best interests of our children and our school community. Our continuing education will incorporate *Canada's Food Guide to Healthy Eating* and the *Manitoba Physical Education/Health Education Curriculum* and will focus on nutritious food choices for all classroom and school functions as per Healthy Child Manitoba's *Quick Guide for Foods Available in K to 12 Schools in Manitoba*.

- All food fundraisers will follow Healthy Child Manitoba's guidelines for nutritious food choices – *Quick Guide for Foods Available in K to 12 Schools in Manitoba* from the *Manitoba Nutrition Handbook*.
- School community members will be encouraged to bring only foods belonging to one or more of the four food groups of *Canada's Food Guide to Healthy Eating* for class parties, recess snacks, and lunches.
- School and community groups will offer healthy food choices for lunches sold in the school as per the Healthy Child Manitoba guidelines.
- An annual schedule will be developed to assure that all food fundraisers and school sponsored lunches follow a balanced approach to healthy eating as per the Healthy Child Manitoba guidelines.
- Although healthy foods may be a part of school, classroom, and group celebrations, no foods will be used for academic or behaviour outcomes, awards, and/or incentives.
- Centennial School will continue to promote healthy and active living choices throughout the school year.