



ALGONQUIN AND LAKESHORE CATHOLIC DISTRICT SCHOOL BOARD

POLICY STATEMENT

HEALTHY SCHOOL NUTRITION

Rationale

The Algonquin and Lakeshore Catholic District School Board recognizes the relationship between healthy nutrition and the growth and well-being of our students. “Well-nourished children and adolescents are more likely to be better prepared to learn, be active, and maintain their health as adults. The school system will promote and support healthy eating for students by example as well as through the curriculum.

...for I was hungry and you gave me food, I was thirsty
and you gave me something to drink.

Matthew 25:35

Guiding Principles

- The Board, in embracing the revelation that all persons are made in the image and likeness of God and thus possess an inherent dignity that is affirmed by the incarnation of Jesus Christ, is committed to providing programming and supports for our students that reflect a fundamental reverence for their sacred and irreplaceable value.
- The Board recognizes the direct relationship between healthy nutrition and the academic achievement of our students: that healthy nutrition helps to support student learning, and enhances their physical, emotional, social and intellectual development; that well nourished students are able to concentrate better, retain and apply information more effectively, and are more likely to demonstrate positive behaviours.
- The Board recognizes its responsibilities to work with community partners to ensure that students have equitable access to high quality school-based nutrition programs, and that through curriculum activities, they have opportunities to develop an appreciation for the value of proper nutrition as an integral part of their present and future lives.

References

Call to Action: Creating a Healthy School Nutrition Environment, Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup Steering Committee, March 2004

Nutrition Tools for Schools© Nutrition Standards, 2010.

Ontario Curriculum, K – 12, Ministry of Education

P/PM 150 School Food and Beverage Policy, October 2010.

Student Nutrition Program Nutrition Guidelines, MCYS, July 2008.

Eating Well with Canada's Food Guide, Health Canada, 2007

Board Policy/Ethical Fundraising and Charitable Activities in Schools S-2009-10-2

Board Policy/Pupils with Special Medical Care Needs and/or Emergency Medical Care Needs, S-1999-12-2

Board Policy/Anaphylaxis S-2006-10-2

School Resource for Ethical Fundraising, Committee for Social Justice, ALCDSB, 2006

Ontario Catholic School Graduate Expectations, ICE

Ontario Regulation 2008/08 "Trans Fat Standard", Education Act.

Administrative Procedures

Healthy School Nutrition

Approved: April 26, 2011