

EASTERN TOWNSHIPS SCHOOL BOARD	<i>Title:</i> POLICY ON GOOD HEALTH FOR OUR STUDENTS	
<i>Source:</i> Director General	<i>Adopted:</i> ETSB05-03-128 Effective as of September 2005	<i>Reference Number:</i> P029

The Eastern Townships School Board recognizes the need to introduce educational practices into our schools and centres that promote the good health of our students.

The school board also recognizes the direct relationship between healthy nutritional approaches for our students and physical education that further enhances the physical condition of all of our students. There are undeniable facts, such as:

- A) That scientific research demonstrates a strong relationship between healthy nutrition and academic achievement of our students;
- B) That healthy nutrition supports students learning, enhances physical, emotional, social and intellectual development;
- C) That students fed a balanced, healthy diet in schools/centres will concentrate better, retain knowledge more effectively leading to improved self-esteem and self-confidence.

One of the central themes of the Eastern Townships School Board is to provide our students with every possible opportunity to be active and healthy citizens for the present and the future.

The Eastern Townships School Board also recognizes that our students do not all arrive at schools/centres with the same nutritional opportunities and circumstances. It is therefore important that all factors needed to ensure a successful educational experience are present in our schools and centres. This requires a coordinated, system-wide approach to good health.

The Eastern Townships School Board is also committed to ensuring that our current practices within our communities will receive the necessary support and development. Meeting the nutritional needs of our students will also be coupled with our physical education programs that are currently integrated into the normal, daily curriculum.

The Eastern Townships School Board will ensure the following:

1. Procedures are established for the development of school/centre-based nutrition programs (breakfast, lunch and snack) in schools/centres where the school/centre and its community determine that such programs will support the learning needs of students;
2. School/Centre-based nutrition programs are developed in consultation with the school community;
3. Nutrition programs are provided in a safe and welcoming environment, and clearly conform to the standards established in Canada's Food Guide to Healthy Eating;
4. Nutrition and Physical Education is incorporated into appropriate areas of the curriculum for all students in order to develop decision-making skills for healthy living, and that relevant material and staff development (instructional and non-instructional) are provided to support the implementation of the Policy on Good Health for our Students;
5. Parents and the community are provided with information about nutrition programs and nutrition education;
6. A mechanism is established to co-ordinate, review and evaluate the implementation and effectiveness of nutrition programs in the system and to make changes where necessary.

The specific objectives of this policy shall be:

- a) to encourage students to eat balanced meals and make proper food choices;
- b) to eliminate the sale of junk and empty-calorie foods from schools/centres;
- c) to offer a variety of wholesome foods at the lowest possible price;
- d) to increase the nutritional knowledge of students through different nutrition education programs and projects;
- e) to promote physical education athletics/programs/projects within our schools/centres.

(Acknowledgement of materials from a number of school districts across Canada:
Ottawa Carleton Catholic School Board
Kamloops/Thompson School District #73
Nanaimo-Ladysmith School District #68
Calgary School Board
Canadian School Boards Association)