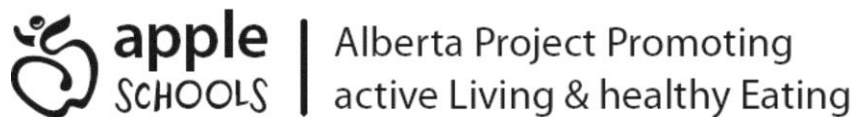


Healthy School Guidelines 2013-2014



Timberlea Public School
“A Great Place to Grow and Learn”



Completed with the input of the Timberlea School Health Guidelines Committee made up of:

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Along with input, feedback and guidance from:

Timberlea School Community parents, students, support staff, teachers and administrators.

Timberlea Public School's Parent Advisory Council proudly supports these Healthy School Guidelines.

School Health Guidelines Goal:

- To ensure a common application and understanding of the need for School Health Guidelines
- To assist in sustaining a health promoting environment within Timberlea Public School
- To positively affect the health and achievement of all school community members

Mission:

Timberlea Public School will foster a healthy school environment that supports students, staff, parents, and community members to choose healthy and active lifestyles. Active living and healthy eating habits will be encouraged and supported by sustainable programs within the school community.

Timberlea Public School will empower everyone to make educated choices in order to lead a healthy lifestyle. Within the school community, a sustainable and positive environment will be a constant force in making the healthy choice the easy choice.

Timberlea will work toward sustaining a goal of health for all. Every student, staff, family and community member is knowledgeable and empowered to make healthy choices.

Vision:

A school community empowered to make healthy choices.

Motto:

“A Great Place to Grow and Learn”

Scope:

The School Health Guidelines will affect all areas and circumstances that involve food and physical activity within our school community, including the following:

- Food served / sold at school
- Food as rewards
- School / Classroom Celebrations and Holidays
- School supported groups and outside agencies
- Field Trips
- Fundraising
- Staff Role Modeling
- Lunch / Recess Time

Food Served / Sold at School

Foods and beverages provided or sold by Timberlea Public School, when possible, will follow the Alberta Nutrition Guidelines for Children and Youth and come from the “Choose Most Often” category.

Food as Rewards

Non-food rewards are strongly encouraged within the classroom to promote academic achievement or desired behaviour. When using food to promote academic achievement or desired behaviour, school staff will use food from the “Choose Most Often” category according to the Alberta Nutrition Guidelines for Children and Youth.

School / Classroom Celebrations and Holidays

Foods provided during Timberlea Public School / classroom celebrations and holidays will follow the Alberta Nutrition Guidelines for Children and Youth and meet the following criteria:

Minimum 80% of food provided will fit into the “Choose Most Often” food category.

Maximum 20% of food provided will fit into the “Choose Sometimes” food category.

School Supported Groups and Outside Agencies

School supported groups and outside agencies will be provided with Timberlea’s Healthy School Guidelines and will be encouraged / supported to follow it.

Field Trips

Field trips have been recognized as a great opportunity for school community members to make healthy lifestyle choices. Timberlea staff and students are strongly encouraged to seek out potential healthy options available for purchase and/or bring healthy options while on field trips.

Fundraising

To support student’s health and school nutrition-education efforts, school fundraising activities will include food that fits Canada’s Food Guide and the “Choose Most Often” food category according to the Alberta Nutrition Guidelines for Children and Youth. In addition, school fundraising efforts are encouraged to promote physical activity.

Staff Role Modeling

Timberlea School Staff recognize the importance and impact that healthy role modeling can have on influencing student behaviours. During school hours all staff is strongly encouraged to model healthy choices and choose foods and beverages that follow Canada’s Food Guide and coincide with the Alberta Nutrition Guidelines.

Lunch and Recess Time

The Timberlea School community will make an explicit effort to celebrate the healthy choices made by students in terms of healthy snacks, lunches and physical activity habits by awarding Healthy Howlers. Furthermore, teachers recognize that physical activity and socialization are vital to a child's development and will be encouraged to explore options other than movies during lunch / recess time. Please note that movies may still be used for instructional purposes, as an incentive for students, or during celebrations / holidays.

Supporting Resources

Alberta Nutrition Guidelines for Children and Youth

www.healthyalberta.com/Documents/Healthy-Eating-Schools-2011.pdf

Eating Well with Canada's Food Guide

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Healthy School Fundraising

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-fundraising.pdf

Healthy Snacking

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf

Healthy U

<http://healthyalberta.com/>

Healthy U Food Checker

<http://www.healthyalberta.com/HealthyEating/foodchecker.htm>

School Lunch Restaurant List

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-lunch-restaurant-list.pdf

Single Serving Packaged Food List

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-single-serving-pkg-food.pdf

Snack Shack Manual

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-snack-shack-manual.pdf

Special Lunch Days

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-special-lunch-days.pdf

Steps to Creating a School Nutrition Guidelines: A step by step toolkit

<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-school-nutrition-guidelines.pdf>

What's For Lunch

www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-whats-for-lunch.pdf

Daily Physical Activity Handbook

<http://www.education.alberta.ca/teachers/program/pe/resources/dpahandbook.aspx>

Ever Active Schools

<http://www.everactive.org/>

Be Fit For Life Network

<http://www.provincialfitnessunit.ca/about-bffl/>