

Health & Wellness Guidelines



Where individuals count



Alberta Project Promoting
active Living & healthy Eating

1) Purpose of a Health & Wellness Guideline

To ensure there is a common application, language and understanding of nutrition in our school, resulting in a positive effect on health and academic achievement for all our students.

2) Beacon Hill School Mission & Vision Statements

Mission: *Beacon Hill School is a positive learning environment providing students opportunities to engage in a variety of educational experiences*

Healthy School Vision: *Beacon Hill will foster a healthy school environment that supports and empowers students, staff, parents and community members to choose healthy, active lifestyles. Active living and healthy eating habits will be encouraged and supported by sustainable programs within the school community.*

3) Feedback and Input from Beacon Hill School's Community

4) REAL KIDS Nutrition 2012

Since 2012 Beacon Hill School has participated in the REAL Kids Alberta (Raising Healthy Eating and Active Living Kids in Alberta) evaluation process which supports the development and implementation of a school healthy policy.

- 29% of Beacon Hill students consumed at least 6 servings of fruits and vegetables per day, and 18% of Beacon Hill students consumed at least 6 servings of grain products per day. 65% of Beacon Hill students consumed at least 3 servings of milk and alternatives per day.
- 71% students consumed at least one serving of meat and alternatives per day.

**Note these are all the recommended daily servings for children and youth.*

5) Scope

Celebrations, Events and Holidays:

Beacon Hill School will encourage “Choose Most Often” (80%) and “Choose Sometimes” (20%) food and beverages during all celebrations, events and holidays held at the school. One “Choose Least Often” food/beverage may be included in the occasion as long as a healthier choice is provided (i.e. 5 “Choose Most Often items, 1 “Choose Least Often item). A good tool to use for your occasion would be a sign-up sheet, an example is provided in the appendix.

- Valentine's Day
- Christmas
- Halloween

- Easter
- School BBQ's
- St. Patrick's Day
- Year-end celebrations

Student Birthdays:

Beacon Hill will encourage non-food items, such as pencils, erasers or books for the class library. When food and beverages are used, selections will be made according to The Food Rating System: "Choose Most Often" Foods (Snack for Bears List). Please ensure that all items are **NUT SAFE**.

Food sold and served at the school:

Beacon Hill School will only provide food and beverages that meet the "Choose Most Often" (80%) or "Choose Sometimes" (20%) criteria (Snack for Bears List), during school functions.

Hot Lunches:

Beacon Hill School will provide two "Choose Most Often" and two "Choose Sometimes" food days on our Hot Lunch menu. As more "Choose Most Often" choices become available from the vendors we will revisit this to encompass "Choose Most Often" choices.

Fundraising:

Beacon Hill School will support student health and school nutrition-education efforts and therefore school fundraising activities will include food from the "Choose Most Often" category and alternatives to food items are encouraged.

Beacon Hill will encourage fundraising activities that promote physical activity.

- Jump Rope for Heart
- Terry Fox Walk

School Supported Programs:

Beacon Hill School will encourage "Choose Most Often" and "Choose Sometimes" food and beverages during all school programs held at the school: (not a complete list)

- Roots of Empathy
- Sport Teams
- Mentoring or counseling program
- School Clubs
- Family nights

Classroom Incentives and Rewards:

Beacon Hill School chooses alternatives to food as rewards to support academic performance or preferred behaviours. Our school will encourage non-food rewards.

- Extra DPA
- Dance Party
- Extra recess
- Art Class
- Teacher chair
- School supplies

Instructional Materials:

Beacon Hill School staff will use “Choose Most Often” items during classroom instruction when food is needed as an instructional tool. Situations in which students are not consuming the item (i.e. to use in art projects) exceptions can be made using professional judgment.

Daily Physical Activity:

- 100 % of parents agree that schools should adhere to the provincially mandated Daily Physical Activity (DPA) initiative according to Beacon Hill’s 2012 REAL kids report.

-Beacon Hill will ensure that students receive 30 minutes of Daily Physical Activity as per Alberta Education’s Daily Physical Activity (DPA) Policy Statement.

- Physical Education classes will include a variety of activities and include expertise from community resources.

Staff Role-Modeling:

Beacon Hill School recognizes that each individual is different and accommodations have to be made depending on the situations that arise. Beacon Hill School staff is asked to use their discretion when making *personal* food choices to ensure that students *receive* the same message about healthy choices at school and support the concept of the healthy choice being the easy choice for all students.

Snacks for BEARS

Choose Most Often: Daily snacks & Beverages	
Fresh fruit or vegetables	Cereal/Granola Bars (Kashi, Kellogs, Quaker- Chewy 25% less sugar)
Canned fruit cup packaged in water or 100% Juice	Triscuits
Applesauce cup	Cereals (Multi-grain Cherrios, Mini-Wheats, Honey Combs) *per recommended serving size
Dried fruit bars (Sunrype- Fruit Source)	100% Real Fruit Juices
Dried Fruit	Milk (2%, 1%, Skim, Milk to Go, Fortified Soy beverage)
Nutri-Grain bars (Kelloggs- Bite Size Granola Snacks)	Smoothies (Real fruit, milk, plain yogurt)
Whole wheat pita & hummus	water

Taken from the Single Serving Packaged Food List; developed by Alberta Health Services Registered Dietitians/Nutritionists, 2009.

Choose Sometimes: Twice a Week snacks & Beverages	
Sweetened Dried Fruit (Ocean Spray Craisins, mangos)	Pudding (Compliments – chocolate, vanilla, tapioca)
Fruit Snacks (Sunrype- Squiggles & Fun Bites: 100% fruit snacks)	Popcorn (salted)
Crackers (Goldfish baked snacks, Thinsations)	Cheese (Cheese strings & snacks, Babybel)
Cookies (Mr. Christie: soft baked, Crispy Delights, Teddy Grahams (honey), Arrowroot Cookies)	Cereals (Golden Grahams, Vector, Shreddies)
Flavoured Yogurt (tubes, Yop, individual cups)	Chocolate Milk

References:

- 1) Alberta Nutrition Guidelines for Children and Youth, Alberta department of Health
- 2) Single Serving Packaged Food List, developed by Alberta Healthy and Services Registered Dieticians and Nutritionists on the Alberta Provincial Nutrition Tasks Force on Comprehensive School Health.
- 3) School Lunch Restaurant List, developed by Nutrition Services in partnership with Health Promotion, Disease and Injury Prevention.
- 4) Alberta Health Services

From: “Steps to a Healthy School Environment: School Nutrition Handbook”

Healthy Rewards ([pg. 29](#))

Healthy Classroom Parties ([pg. 30](#))

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