



Riverside School Board

Policy Name:	Policy on Healthy Living
Policy Number:	B236-20080708
Date Submitted to Executive:	2008-04-01
Date Received at Council:	2008-04-15
Consultation Period:	April 15, 2008 – June 6, 2008
Date Approved by Council:	2008-07-08
Suggested Date of Next Review:	3 years from approval by Council

1. Reference

Policy Framework on Healthy Eating and Active Living developed by the Ministry of Education, Recreation and Sports of Quebec.

2. Statement

Riverside School Board:

- recognizes that healthy eating and an active lifestyle contribute to the intellectual, psychological and physical well-being of both students and staff;
- believes that nutrition and fitness should be an integral part of the learning environment (curricular as well as extra-curricular) from elementary through to secondary;
- appreciates that proper nutrition and fitness have a positive impact on students' academic performance and also contribute to their overall success;
- is committed to facilitating students' acquisition of lifestyle habits that will be beneficial to their health and well-being.

3. Objectives

- Ensure that all snacks and meals served to students in Riverside schools and centres respect nutritional standards, in accordance with the guidelines described in the MÉLS Policy Framework on Healthy Eating and Active Living;
- Encourage students, parents and staff to make healthy choices when preparing lunches and snacks to be consumed at school;
- Actively promote the benefits of and provide a variety of opportunities for physical activity.



Riverside School Board

4. Application

4.1 School Board - Role and Responsibilities

- 4.1.1 Provide ongoing support and follow-up to facilitate and ensure the sustained implementation of the Policy on Healthy Living;
- 4.1.2 Encourage schools to develop tools (posters, newsletters, etc.) to heighten student and parent awareness of nutritional value of different foods and the health benefits of increased activity.

4.2 School - Role and Responsibilities

- 4.2.1 Eliminate unhealthy food and beverages from cafeterias'/caterers' menus and vending machines, such as those that are low in nutrients and high in fat, sugar, salt, caffeine and/or calories;
- 4.2.2 Integrate the Policy on Healthy Living into the school's Code of Conduct and, where possible, involve students in promoting the policy within the school and at home;
- 4.2.3 Find opportunities within the curriculum to provide students with a better understanding of the nutritional value of food, including the various food groups, caloric measurement, sugar, salt and additives;
- 4.2.4 Endorse healthy food choices for school activities;
- 4.2.5 Promote physical activity beyond the prescribed curriculum and instil in students an appreciation for the overall benefit of adopting an active lifestyle.

4.3 Governing Board - Role and Responsibilities

- 4.3.1 Review the Policy at the beginning of every school year and provide support to the school staff in implementing the requirements of the Policy on Healthy Living and its guidelines.
- 4.3.2 Encourage parents in its school community to become acquainted with Riverside School Board's Policy on Healthy Living and to support its principles.



Riverside School Board

4.4 Fundraising in Riverside Schools

Riverside School Board endorses the sale of healthy foods and beverages for fundraising purposes (more information about the MELS' Framework Policy on Healthy Eating and Active Living may be found at :

http://www.mels.gouv.qc.ca/sections/virageSante/index_en.asp)

Schools may continue to hold bake sales, pizza lunches, spaghetti dinners, etc. to raise funds as long as the spirit of this policy is respected.

Fundraising using non-food items should be considered, for example:

- candles
- greeting cards
- garage sales
- wrapping paper
- financial donations to the South Shore Education Foundation
- recycling cans
- magazine subscriptions
- used books

Fundraisers that promote healthy activities should also be considered, for example:

- fun walk/runs
- rope jumping
- dances
- bowl-a-thon
- cross-country ski-a-thon

Riverside School Board does not endorse the following fundraisers:

- sale of chocolate with less than 70% cocoa content;
- sale of candy and non-nutritious snacks.

5. COMING INTO FORCE

5.1 This Policy shall come into force on the day of its adoption by the Council of Commissioners of Riverside School Board.