

Information Letter to Parents

Approach for Healthy and Positive Mealtime Interventions



In collaboration with Public Health at the CISSS de la Montérégie-Centre and the Riverside School Board, some members of your child's school staff have received training to adapt their interventions with students during mealtimes. This approach will be implemented in your school with the goal of **promoting a healthy relationship with food and more pleasant lunchtime experiences for children.**

We aim to reach everyone who interacts with the children (school staff, daycare service, parents) through different means.

The school administration and some staff members have received—or will receive—a two-hour training session. The recommendations shared during the training are based on best practices and the most recent studies on youth health and development. The objectives of the training were as follows:

- Understand their role as models for young people.
- Intervene positively to encourage healthy eating.
- Adopt behaviors and messages that help students listen to their bodies and develop a healthy relationship with food.

This means that certain practices during school mealtimes will be adjusted. One important change is that **children will be encouraged to eat according to their hunger and will no longer be required to eat a specific amount determined by an adult.** Lunch staff will instead focus on raising children's awareness about the importance of eating based on their needs.

To help you better understand the approach, to ensure consistency among all adults, and to allow you—if you wish—to follow these recommendations at home, short informational videos of about 2–3 minutes will be shared for your reference. They can also serve as reminders for school staff.

The topics covered in the videos are as follows:

1. Healthy eating
2. Hunger and fullness.
3. Sharing of responsibilities
4. Parenting styles (permissive, authoritarian, and democratic)
5. Practices and attitudes to avoid or promote.
6. Mealtime atmosphere
7. Children on medication
8. Lunches: what to include?

The videos will be animated, simple, and—hopefully—pleasant to watch! They will be shared by the school administration.

For any questions regarding this project, please contact the school administration.

Jean-Simon Poirier and Geneviève Crépeau
Principal and Vice-Principal