



Adopted: 2009-02-03

Policy ADG

HEALTHY & ACTIVE LIVING

The goal of the Healthy & Active Living policy is to establish a framework for the New Frontiers School Board and its schools and centres to fulfill their respective responsibilities in accordance with the Ministry's *Framework Policy on Healthy Eating and Active Living*.

The purpose of the New Frontiers School Board Healthy and Active Living Policy is to establish standards for the food services provided in our schools and centres, and to promote the attitudes and behaviours conducive to healthy eating and active living for all our staff and students.

Guiding Principles

The document "*Going the Healthy Route at School – Framework Policy on Healthy Eating and Active Living*" published by the Ministry of Education, Leisure & Sports (December 2007) is an integral part of this policy.

School-based programs can positively impact on the healthy lifestyle habits of today's children and youth. A healthy diet and active living has a positive effect on a child's well being and development which in turn contributes to school success. Community partnerships are essential in educating and promoting healthy living habits.

Related Committees

1. A Healthy Living Board Committee will be created, whose composition should include a board administrator, school administrator, teacher, professional staff member, commissioner and CLSC health consultant in an effort to support and monitor the healthy living policy in the schools and centres.
2. A school-based committee, created through the Governing Board and possible support from the Parent Participation Organization (PPO), shall oversee the implementation of this policy in accordance with the school's educational project and success plan. The Committee should include (but not be exclusive to) the Principal, or his/her delegate, a parent member of the Governing Board, teacher and a student(s) at the secondary level.
3. Partnerships with the community may be established or consolidated in order to implement the recommendations outlined in the Framework Policy.

Procedures

1. Establish a Healthy Living Board Committee to support and monitor the Healthy Living Policy in the schools and centres. This committee will investigate all facets of healthy eating and active living in relationship to the Ministry's Framework Policy for the purpose of integration into our schools and centres through the school-based committees.
2. The following will be the responsibilities of the schools' and centres' administration with the support of the Governing Board or school based Healthy Living Committee.
 - Food and beverages sold in the New Frontiers School Board will be consistent with those recommended in the MELS' Framework Policy on "Healthy Eating and Active Living—Going the Healthy Route at School".
 - Offer a variety of foods of good nutritional value.
 - Eliminate foods of low nutritional value from all school food supplies. Establish standards in all schools that are consistent with the principles of healthy eating and the MELS Framework Policy.
 - Ensure that there are appropriate areas and favourable surroundings for the eating of meals.
 - Ensure that there is in place in our schools and centres a range of physical activity opportunities, principally during recess, lunchtime, daycare or extracurricular activities, that meet the students' varied interests and abilities.
 - Promote educational and other activities that foster healthy living.
 - Periodically provide information on healthy eating and active living initiatives to parents and the community so that they can support the schools' efforts and ensure continuity.
 - Prepare a report on the implementation of the Board Policy to the Council of Commissioners, using the MELS Framework Policy as a guide.