

École Dickinsfield School

Wellness Guidelines

Purpose of Nutrition Guidelines

To promote and encourage healthy, balanced eating habits among the members of École Dickinsfield School community, resulting in a positive effect on health and academic achievement for all our students.

Scope of Guidelines

Celebrations, Events and Holidays

École Dickinsfield School will encourage “Choose Most Often” and “Choose Sometimes” food and beverages during all celebrations, events and holidays held at the school. This includes classroom, team or club and whole school celebrations. A good tool to use for special occasions would be a sign-up sheet. An example is provided in the appendix. Parents are encouraged to reference the following websites for access to healthy snack recipes:

<http://www.appleschools.ca/Resources-to-Support-CSH>

<http://www.healthyalberta.com/healthyeating.htm>

Student Birthdays

We recognize the right of parents to feed their OWN children without having the school mandate the contents of the lunch or snacks that are sent. We recognize the right of parents NOT to have their child fed non-healthy food at school by his/her classmate’s parents (This includes on the many occasions when classmates have birthdays.)

Celebrations and parties are a fun way to mark special events, holidays and birthdays. They often include food and drinks and they must follow the Wellness Guidelines. Therefore, we encourage parents who wish to send something to the school for birthdays or holidays to consider a non-food choice, *Choose Most Often* or *Choose Sometimes* foods that are nut safe. **Any food that is brought into the school that is not nut safe or is a *Choose Least Often* food cannot be served to other students and will be returned home.**

With a few easy changes, most food and drinks can support the health and learning of students and expose them to a variety of new types of food and flavors.

Snack ideas include:

- fruit kabobs
- vegetables and dip
- healthy muffins
- banana bread
- apple chips
- popcorn
- homemade pretzels
- frozen yogurt tubes

Non-food item ideas:

- stickers
- pencils
- erasers
- balloons

Hot Lunches

École Dickinsfield School will continue to provide healthy, balanced choices in our Hot Lunch Menus. École Dickinsfield School will provide “Choose Most Often” options when available and “Choose Sometimes” options. No “Choose Least Often” options will be served as part of our Hot Lunch Program.

Fundraising

École Dickinsfield School will support student health and school nutrition education efforts and therefore items provided by the school for fundraising activities will include food from the “Choose Most Often” or “Choose Sometimes” categories or non-food items.

École Dickinsfield School will encourage fundraising activities that promote physical activity such as

- Jump Rope for Heart
- School Dances and Sock Hops
- Fruit and vegetable sales from Alberta farms
- Choose most often food items (such as muffin dough)

École Dickinsfield School will encourage parents or families who bring in food items for fundraisers such as bake sales to bring in “Choose Most Often” or “Choose Sometimes” items.

All items included in any fundraising effort must comply with the school’s Nut Safe environment.

Classroom Incentives and Rewards

Teachers who wish to use class incentives are encouraged to be creative in how they reward exemplary behavior, etc. Such things as an extra recess outdoors or a special activity in class are rewards that do not establish a food=reward connection in a child’s mind. ***Any and all food item given to students from teachers will be from the “choose most often” or “choose sometimes” categories and comply with the school’s Nut Safe environment.***

Non-food rewards encouraged

Providing food rewards based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Social rewards, privileges, activities, and non-food recognition are effective rewards which do not have the same drawback as food does in this regard.

Revised and updated April 2014

“Choose Most Often” Snacks

Ex. Fruit or veggies trays or snacks, 100% juice, low-fat dairy products, healthy baked good (See Halloween newsletter for Choose Most Often Ideas) This is not a complete list, you can be as creative as you like!

Snack	Name

“Choose Sometimes” Snacks

Ex. Processed meats, refined grain products, higher fat dairy products

Snack	Name