



Wayoata School Nutrition Policy (updated November 2019)



Philosophy:

Wayoata School recognizes its responsibility in co-operation with the home and community to encourage healthy lifestyles and acknowledge the important role that nutrition plays in the total development and performance of the individual.

Wayoata School also believes that the food served or sold in schools should reinforce good nutrition as emphasized in various government documents including the Manitoba Physical Education/Health Education Curriculum 2001.

Rationale:

Nutrition plays a significant role in growth and development, resistance to disease, and physical and mental health. It is important for children to have food that is nutritionally well balanced. Research clearly shows that many chronic diseases such as heart disease, diabetes, and cancer have their roots in childhood and early food habits. Research also demonstrates a relationship between nutrition, and children's physical, emotional and intellectual readiness to learn. The school's role in health promotion and disease prevention is significant.

A significant number of children do not receive enough essential nutrients to support growth and good health. Short-term effects of malnutrition are tiredness, irritability, inattentiveness, and increased susceptibility to colds, flu, and infections. Long-term effects include underachievement in school, poor self-esteem and continuing poor health.

Policy:

Wayoata School will continue to promote healthy eating and active living through our food programs, nutrition education and physical education. We will ensure that all decisions involving food and drink at Wayoata School will be carried out in the best interests of our children and our school community needs. Our continuing education will incorporate Canada's Food Guide to Healthy Eating and the Manitoba Physical Education/Health Education Curriculum and will encourage the eating of nutritional foods during classroom and school functions.

- Fundraising in the school will not rely solely on the sale of non-nutritious foods.
- School community members will be encouraged to bring only food belonging to one or more of the four food groups of Canada's Food Guide to Healthy Eating for snacks and lunches.
- School groups will be encouraged to offer healthy lunch choices on special lunch days.
- Healthy choices will be encouraged at class celebrations.
- Our school will offer milk, fruit juice and water for sale to students.
- Our school will not use food as individual rewards.
- Food selections must omit foods outlined in regulation JLCG-R2 – Anaphylaxis Avoidance Strategies.
- Healthy choices are encouraged by the lunch program through a "Caught Eating Healthy" contest.