



NUTRITION POLICY

2019-2020

Southwood School believes in creating the healthiest possible environment for the students in our care. Children who eat well and are physically active are healthier and learn better and yet, research shows that many children have poor diets and do not get enough physical activity. It is our intent to create a school policy that supports healthy behaviours, encourages learning, and eliminates practices that do not promote children's health.

Nutrition Policy

Southwood School will continue to promote healthy lifestyle choices which include food choices and nutrition, active living and other factors influencing positive mental health such as sufficient sleep. These healthy lifestyle choices will be taught and encouraged to students during our physical education classes, health classes, school assemblies, and during featured presentations throughout the year. Our school families will also be made aware of healthy living information through monthly newsletters, social media advertisements, school assemblies and materials sent home from school.

Nutrition Guidelines

- Classroom teachers will have access to and will use Canada's Food Guide to Healthy Eating/Health Education curriculum.
- Teachers and families will be encouraged to serve nutritious snacks for classroom activities, reducing the amount of less nutritional snacks.
- We will provide readily available nutrition information for parents that encourage healthy eating at home, and healthy lunches brought to school, through school communication materials and social media.
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- Students will be encouraged that foods should be eaten before or after outside play, whenever possible.
- Students will be encouraged to drink a sufficient amount of fluids (including water) throughout the school day.
- Staff will be encouraged to move towards student and classroom rewards that do not compromise healthy food choices.
- Beverages sold in the school canteen will only include healthy choices.
- Fresh drinking water will be available to children at all times.

Special Dietary Needs

- Southwood School will adhere to any accommodations required for students with special dietary needs.
- Student-specific health care plans identifying student food allergies will be developed for students requiring them.
- Staff training in regards to student-specific allergies will be provided on a yearly bases by a trained facilitator/nurse from Southern Health.
- Southwood School will adopt cleaning procedures that may avoid students coming in contact with food substances they may be allergic to.
- Student-specific training can also be available for those students with life-threatening allergies.
- Students are not allowed to share lunches and snacks from home with other students. Home snacks for classroom festivities will be permitted with teacher approval.

Meal Schedule for Students

- Southwood School schedules meals and snacks for students at appropriate times so that children's hunger does not overwhelm their ability to learn.
- Nutrition breaks will allow adequate time for students to eat, socialize and play. Nutrition breaks provide students with at least 25 minutes of time to eat.
- Southwood School has a partnership with "Soups On" to provide either breakfast, lunch or both to those students who may be without sufficient nutritional foods.

Modeling Healthy Behaviours

- Southwood School recognizes the importance of staff members as positive role models as they learn to live healthy lives. Staff members will be encouraged to model behaviours for healthy eating, physical activity and positive body image in the presence of students.
- We encourage parents to reinforce positive messages by serving as role models to the children in their homes.

Nutrition Education and Professional Development

- Southwood School will provide nutrition-based education as outlined in the Manitoba Health Curriculum and reflects current Canada Food Guide standards and current science that are focused on children's positive eating behaviours.
- Classroom teachers are encouraged to attend professional development sessions and to read literature related to positive eating behaviours and mental health.
- Classroom teachers may consult with the Hanover School Division Curriculum Support Teacher in relation to promoting and educating students and their families on healthy lifestyle choices.
- Staff training in regards to student-specific allergies will be provided on a yearly basis by a trained facilitator/nurse from Southern Health.

Policy Review

- Southwood School administration team will review the school policy on a yearly basis. Revisions will be made as needed to reflect current curricular updates made by the department and current research.