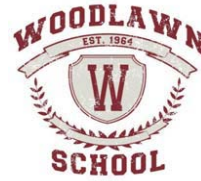


SCHOOL NUTRITION POLICY

WOODLAWN SCHOOL

2010-2011



Philosophy Statement:

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

Woodlawn School also believes that the food served or sold in schools should reinforce good nutrition as emphasized in 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 the 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:

Woodlawn 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 Woodlawn 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/Health Education Curriculum and will focus on nutritional foods during classroom and school functions.

- We will aim to serve nutritious snacks at our classroom parties, reducing the amount of less nutritional foods.
- We will expand the serving of nutritious snacks at our school events-Celebration of Learning, Meet the Teacher
- We will continue to provide readily available nutrition information to parents such as Canada's Food Guide.
- We have moved toward using fundraisers that do not compromise wholesome eating habits and that encourage healthy food choices.
- We will move toward serving more wholesome food for our hot lunches. (whole wheat crust pizza)
- Nutrition will be a focus in all of our classrooms throughout the school year and will be highlighted during the month of March during "Nutrition Month".
- A school committee of educators will be developed to promote nutrition and professional learning opportunities for teachers will be provided.