



ST. IGNATIUS SCHOOL

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ST. IGNATIUS SCHOOL NUTRITION GUIDELINES

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School Mission

The mission of St. Ignatius School is to provide spiritual and academic growth based on the principle that every child is created in the image of God.

Philosophy Statement

St. Ignatius School recognizes its responsibility, in cooperation with parents and the community, to encourage healthy lifestyles. It acknowledges the critical role that nutrition and physical activity play in the development and performance of an individual.

Rationale

Well-balanced nutrition plays a significant role in growth and development, resistance to disease, and physical and mental health. Research shows that many chronic diseases such as heart disease, diabetes, and cancer are rooted in food habits established in childhood. Research also demonstrates a relationship between nutrition and children's physical, emotional and intellectual readiness to learn. Therefore, the school's role in health promotion and disease prevention is significant.

St. Ignatius School recognizes that good nutrition and physical activity are essential to growth and development and are therefore strongly linked to the successful attainment of the academic and social goals ascribed for its students. The school also believes it has a responsibility to model, foster, and support healthy eating practices and to provide students with opportunities to be physically active. Thus, the guidelines outlined in this document are organized to promote and assist students in achieving a healthy lifestyle.

Defining Nutritious and Non-Nutritious Foods

Please refer to the attached lists for guidelines on food choices encouraged by and offered by St. Ignatius School:

- Foods to Serve Most Often
- Foods to Serve Least often

School Milk Program

The school participates in the Milk Producers Marketing Board School Milk/Juice Program. Parents/guardians will receive a form to purchase milk from the program each month. Milk is then delivered to the students daily.

School Vending Machine

St. Ignatius School has one drink vending machine located beside the gymnasium. Items for sale are limited to 100% fruit juices and water. Soft drinks and energy beverages will not be sold to students.

Special Events

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 class parties, recess snacks and lunches. As the school works to promote the consumption of healthy foods on a daily basis, it recognizes that there is a need for flexibility as it relates to class gatherings, team celebrations and graduation activities.

Classroom Rewards

Staff at St. Ignatius School will not, as a general practice, offer less healthy food (i.e. candy, soft drinks, chips) as a reward to students for good behaviour, achievement, or participation in fundraising activities.

Eating Environment

St. Ignatius School will work towards creating a pleasant eating environment which includes:

- appropriate supervision (minimum of five lunch supervisors)
- adequate time to eat (minimum of 20 minutes)
- a calm, positive atmosphere

Fund Raising

St. Ignatius School believes that it has a responsibility to promote and support good nutrition by choosing fundraising activities which do not compromise student's healthy food choices. Board of Directors fundraising efforts will not rely solely on the sale of non-nutritious food (i.e. – chocolates).

Teachers and Parents as Leaders

St. Ignatius School recognizes the importance of role modeling in promoting healthy eating. Teachers, administration, support staff, and parents should act as role models to promote healthy eating within the classroom and school environment.

Food Allergies and Food-Related Chronic Disease

Please refer to Policy Y (Anaphylaxis) for school protocol on Allergy Management.

Food Safety

The following food safety practices are practiced at St. Ignatius School:

- The school principal is responsible for ensuring that school staff and parent volunteers are familiar with safe food handling practices;
- All students will wash or disinfect their hands before eating;
- A representative of SISFAC, responsible for Special Lunches, will successfully complete the Safe Food Handling program (good for up to five years).

Physical Activity

To promote active living and encourage a life-long commitment to physical activity, St. Ignatius School is committed to the following initiatives:

- Members of *Manitoba in Motion*, ensuring 30 minutes of physical activity per student per day;
- Open gym time from 8:30 – 8:50 a.m. once per week (skill building/morning stretches);
- 150 minutes of physical education classes per cycle at all grade levels;
- 60 minutes of outdoor recess time per day for student in grades 1 - 6;
- 45 minutes of outdoor recess time per day for students in grades 7 and 8;
- Warm-ups and cool-downs as part of the *Wonder Fresh Fitness Challenge* promoting high fitness levels in Canadian students;
- Lunchtime intramurals for all grade levels (on a rotating basis); activities are changed monthly and are student-led and operated under the supervision of the Physical Education teacher.
- Special Events such as : Terry Fox Run, Manitoba Marathon, and Jump Rope/Hoops for Heart;
- Physical Education field trips to enrich the P.E. curriculum including activities such as gymnastics, bowling, skiing, and curling;
- Extracurricular sports opportunities including developmental and recreational teams for volleyball, basketball, and badminton.

Foods To Serve Most Often

The foods in this list are good sources of one or more of the nutrients calcium, iron, Vitamin A, C, and/or D, and are generally low in fat, sugar and salt.

Grain Products	Bread, rolls, bagels, pita bread, English muffins, waffles, pancakes, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), crackers, tortillas, taco shells, rice.
Vegetables & Fruits	Fruit – fresh, frozen, canned, jarred and dried, vegetables – fresh, frozen, canned & jarred, baked fries, 100% fruit juice, vegetable juices, frozen fruit juice bars (100% real juice), fruit and vegetable salads.
Milk Products	2% and 1% white or chocolate milk, skim milk, yogourt, cheese slices, cheese sticks, milk-based puddings, individual cheese portions, soy milk.
Meat & Alternatives	Lean meat & poultry – baked, grilled, roasted and stir fried, fish and seafood – baked, grilled or canned in water, eggs, legumes (dried peas, beans, lentils), vegetarian meat alternatives.
Sauces, Toppings, Garnishes & Dips	Syrup, honey, jam, salsa, tomato sauce, low or non-fat dressings, spreads, mayonnaise, dips.

Foods To Serve Least Often

Most of the foods in this list are good sources of one or more of the nutrients calcium, iron, Vitamin A, C, and/or D, but are also high in fat, sugar and/or salt. When serving these foods, they will be combined with foods from the **Foods To Serve Most Often** list.

Grain Products	Cookies made with oatmeal and/or dried fruit.
Vegetables & Fruits	French fries.
Milk Products	Flavoured milks, yogourt drinks, ice cream, frozen ice cream treats.
Meat & Alternatives	Wieners, sausages, cold cuts, luncheon meat, pepperoni sticks, nuts, seeds, pizza pops, pizza.
Other	Pastry danishes, donuts, cake, sticky buns, cheese puffs, candy, chocolate, flavoured gelatin (jell-o), hot chocolate.

