

Nutrition Policy

Comprehensive School Community Health (CSCH) Guidelines:

- 1) Healthy Physical Environment
- 2) Students should have access to healthy food and beverages and be aware of proper food handling and hand washing procedures.
- 3) High Quality Teaching and Learning
- 4) Utilizing health, wellness, and physical education curricula in conjunction with appropriate instructional strategies to promote healthy nutrition and eating choices that are culturally and developmentally appropriate.
- 5) Supportive Social Environments
- 6) Healthy eating must be role modelled by school staff. Students must be able to eat in a caring and respectful eating environment.
- 7) Community Engagement and Partnership
- 8) TMSS, parents, and community must work together to make healthy nutrition a priority. All stakeholders must be involved in developing and promoting a nutrition policy that works for all members of the school community.

“Students eat over 1/3 of their daily calories at school.”

Purpose

To allow the students at TMSS to have the greatest opportunity to experience success by providing them with nutritional choices that promote proper growth and development.

- 1) Healthy nutrition is a key to academic success.
- 2) Promoting and supporting the healthy growth and development of children and youth is a shared responsibility among family, school, and other community agencies. The school serves as an important access point for nutritional education, healthy eating practices, healthy food policy, and modelling of healthy lifestyles.
“Saskatchewan Ministry” of Education
- 3) At TMSS, we want students to eat healthy nutritious lunches and snacks, not matter whether students bring lunch and snacks from home or purchase lunch from our canteen.
- 4) Nutrition impacts learning. Research has found that generally poor nutrition can negatively affect cognitive ability, concentration,

behaviour, and physical activity levels in both the short and long term.

- 5) The full implementation of comprehensive school community policies and programs can improve the health and learning potential of children.
- 6) The TMSS Nutrition Policy will meet the criteria set out by the Saskatchewan Ministry of Education document entitled, "Nourishing Minds: Towards Comprehensive School and Community Health".