



**Ministry of  
Education**

**HEALTHY  
SCHOOLS:**  
*Creating a Healthier  
Learning Environment  
for our Students*

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# Ontario's Healthy Schools Strategy

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The healthy schools strategy is embedded in two key findings:

- Healthy children are better prepared to learn.
- Schools have a significant influence on the health and well-being of children and youth.

The strategy is built on the premise that by providing and promoting opportunities for enhancing students' social, emotional and physical health:

- Healthy behaviours will be established that will last a lifetime.
- Academic achievement levels will improve.

# Ontario's Healthy Schools Strategy

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The aim of the healthy schools strategy is to:

- meet the needs of the whole child
- develop learning environments in which students are able to reach their full potential
- reinforce the messages taught in the curriculum through school practice
- create linkages and partnerships with families and community agencies.

# *The Link . . .*

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Research shows that:

- Health and education success are intertwined: schools cannot achieve their primary mission of education if students are not healthy.

*-Storey, 2009*



# Ontario's Healthy Schools Initiatives

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The Ministry of Education's healthy schools initiatives include:

- Foundations for a Healthy School framework
- Healthy Schools Recognition Program
- Daily Physical Activity (DPA)
- Anaphylaxis: Sabrina's Law
- Swim to Survive (Lifesaving Society)
- Healthy Eating
  - Trans Fat Standards
  - School Food and Beverage Policy



[www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools)

# Foundations for a Healthy School Framework

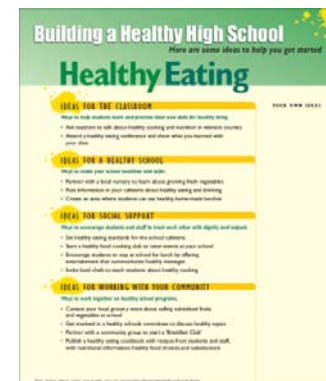
## Quick Facts:

- The framework establishes a common understanding of the components that make up a healthy school.
  - Quality Instruction and Programs
  - Healthy Physical Environment
  - Supportive Social Environment
  - Community Partnerships

FOUNDATIONS FOR A HEALTHY SCHOOL 				
Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
<b>Descriptions</b>	Quality instruction provides students with a wide range of opportunities to learn practical and demonstrable knowledge and skills related to living a healthy life. Programs offered during the school day are the focus for the initiative as other activities occur outside school hours. Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.	It is safe and healthy physical environment supports the initiative. The physical environment includes the school building and grounds, routes to and from the school, and associated and support areas in school programs.	A supportive social environment has a positive impact on students' learning. These practices within a school focus such as: welcoming, trusting, teachers, and parents use health from the support provided, which may be formal (e.g., school policies, rules, clubs, or support groups) or informal (e.g., welcoming peer interaction or free play).	Community partnerships provide access to resources and services available to support staff, students, and families in the development and implementation of healthy school initiatives. Various organizations and other services within the school setting provide public health.
<b>Current Ministry of Education and Ministry of Health Framework Initiatives</b>	<ul style="list-style-type: none"> <li>Quality Education</li> <li>Operational Excellence</li> <li>Safe Schools</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Schools</li> <li>Healthy Schools</li> <li>Healthy Schools</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Schools</li> <li>Healthy Schools</li> <li>Healthy Schools</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Schools</li> <li>Healthy Schools</li> <li>Healthy Schools</li> </ul>
<b>Health-Related Topics</b>	<ul style="list-style-type: none"> <li>Establishing a school-wide healthy eating menu</li> <li>Coordinating the healthy eating lessons taught in each grade</li> <li>Having teachers, school administrators, and student representatives attend a healthy eating conference</li> </ul>	<ul style="list-style-type: none"> <li>Establishing a healthy menu for the school lunch program</li> <li>Purchasing a refrigerator for storing healthy food during the school day</li> <li>Creating a school garden and growing fruits and vegetables in it</li> </ul>	<ul style="list-style-type: none"> <li>Developing/healthy eating guidelines</li> <li>Including healthy eating tips in each month's school newsletter</li> <li>Offering a breakfast program in cooperation with the local grocery store</li> <li>Having a public health nurse or dietitian provide a lunch-and-learn session for staff and parents on healthy eating habits and needs</li> </ul>	<ul style="list-style-type: none"> <li>Establishing a subcommittee of the school council to focus on making healthy foods and beverages a priority in the school</li> <li>Offering a breakfast program in cooperation with the local grocery store</li> <li>Having a public health nurse or dietitian provide a lunch-and-learn session for staff and parents on healthy eating habits and needs</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>Providing child-friendly and physical activities during a pre-recessional development day</li> <li>Developing class fitness classes that include daily physical education for all classes in the school</li> <li>Healthy programs that include a wide range of physical activities</li> </ul>	<ul style="list-style-type: none"> <li>Providing physical with equipment for all classes to use outdoors during recess and lunch breaks</li> <li>Providing equipment in the school into a physical fitness centre</li> <li>Providing physical fitness and providing them all the equipment provided for physical fitness in the school</li> </ul>	<ul style="list-style-type: none"> <li>Implementing physical programs for the students</li> <li>Training student leaders to lead other students to physical activities during breaks</li> <li>Organizing school events that require physical activity (e.g., a fitness day)</li> </ul>	<ul style="list-style-type: none"> <li>Coordinating a "walking ambassadors" program with support from school staff, students, and community partners (e.g., a walking group)</li> <li>Partnering with a local high school to offer a physical fitness club</li> <li>Establishing a partnership with a local authority to conduct the impact of the physical activity program on student achievement</li> </ul>
<b>Building Promotion</b>	<ul style="list-style-type: none"> <li>Adopting a school-wide building promotion program</li> <li>Establishing the program within the school improvement and Student Success planning processes</li> <li>Establishing clear measures that meet the needs of the school</li> </ul>	<ul style="list-style-type: none"> <li>Making the playground a safe and fun place</li> <li>Allowing a supervisor to help take care of the school</li> <li>Creating a school for the school on a daily use zone</li> </ul>	<ul style="list-style-type: none"> <li>Establishing a diversity club to provide students with an opportunity to discuss ways to make all students feel welcome in the school</li> <li>Creating a program whereby all students can feel safe reporting bullying incidents</li> <li>Having an event for staff and students to discuss "celebrate diversity" articles/presentations of building promotion strategies</li> </ul>	<ul style="list-style-type: none"> <li>Partnering with the local public health to provide programs to conduct education and management of staff members</li> <li>Providing training on building promotion's benefits at the school council meeting</li> <li>Coordinating community resources as members for students</li> </ul>

## Resources:

- Foundations for a Healthy School Framework
- Building a Healthy High School



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# Background

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Nutrition Standards for Schools Committee (NSSC) formed in 2008 to:

- provide expert advice on a school food and beverage policy and school nutrition standards.

The NSSC included representatives from:

- education (all key stakeholders)
- public health
- food services.

# Healthy Eating – *Trans Fat Standards*

## *Quick Facts:*

- The Trans Fat Standards (O.Reg.200/08) sets out limits for trans fat in food or beverages, or ingredients used in the preparation of food and beverages, offered for sale in schools.
- If a food or beverage does not meet the Trans Fat Standards, it is **Not Permitted for Sale** in schools.

Calculating Trans Fat	
Formula:	$\frac{\text{Trans Fat (g)}}{\text{Fat (g)}} \times 100 = \% \text{ of total fat from trans fat}$

# Healthy Eating – *School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- Ontario's School Food and Beverage Policy applies to:
  - all publicly funded elementary and secondary schools in Ontario
  - food and beverages sold on school premises for school purposes:
    - in all venues (e.g., cafeterias, vending machines, tuck shops/canteens)
    - through all programs (e.g., catered lunch programs)
    - at all events (e.g., bake sales, sporting events)



# Healthy Eating –

## *School Food and Beverage Policy (P/PM 150)*

### *Quick Facts:*

- The policy does not apply to food and beverages that are:
  - offered in schools to students at no cost
  - brought from home or purchased off school premises and not for resale in schools
  - available for purchase during field trips off school premises
  - sold in schools for non-school purposes (e.g., sold by an outside organization that is using the gymnasium after school hours for a non-school-related event)
  - sold for fundraising activities that occur off school premises
  - sold in staff rooms.

# Healthy Eating – *School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- School boards and schools are *required* to:
  - comply with the Trans Fat Standards (O.Reg. 200/08)
  - take into consideration strategies developed under the school board's policy on anaphylaxis
  - practice safe food handling and storage
  - ensure students have access to drinking water
  - take into consideration the diversity of students and staff in order to accommodate religious and/or cultural needs.

# Healthy Eating –

## ***School Food and Beverage Policy (P/PM 150)***

### ***Quick Facts:***

- School boards and schools are *encouraged* to:
  - offer, when available and where possible, food and beverages that are produced in Ontario
  - be environmentally aware (e.g., reduce food waste, reuse containers, recycle food scraps)
  - avoid offering food or beverages as a reward or an incentive for good behaviour, achievement or participation.
- Exemptions for Special-Event Days:
  - The school principal may designate up to ten days (or fewer, as determined by the school board) during the school year as special-event days on which food and beverages sold in schools would be exempt from the nutrition standards.

# Healthy Eating – *School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- The nutrition standards in the policy set out the criteria that food and beverages must meet in order to be sold in schools.
  - All food and beverages fit into one of the following categories:

### **Sell Most**

Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.

### **Sell Less**

Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the *Sell Most* category.

### **Not Permitted For Sale**

Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery).

# *Healthy Eating – School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- Food should always be prepared in a healthy way – that is, using cooking methods that require little or no added fat or sodium, such as baking, barbequing, boiling, broiling, grilling, microwaving, poaching, roasting, steaming or stir flying.
- Often, a food or beverage product can fit into all three categories, depending on its nutritional value.



# Healthy Eating – *School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- The 80/20 rule:

### **Sell Most**

**≥ 80%**

Products in this category must make up *at least 80 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

### **Sell Less**

**≤ 20%**

Products in this category must make up *no more than 20 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

### **Not Permitted For Sale**

**0%**

Food and beverages in this category must not be sold in schools.

# Healthy Eating – *School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- Implementation:
  - School boards must be in full compliance with the policy by September 1, 2011.
  - School boards are encouraged to implement the policy as soon as possible.
- Monitoring:
  - School boards are responsible for monitoring implementation.
  - At the end of the 2010–11 school year, school boards will be required to attest that they will be in full compliance by September 1, 2011.

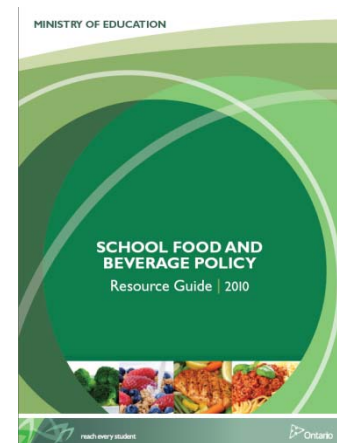
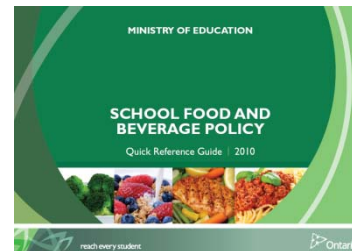
# Healthy Eating – *School Food and Beverage Policy (P/PM 150)*

## *Quick Facts:*

- School boards are encouraged to consult with their board of health to implement the nutrition standards. Under Ontario Public Health Standards, 2008, boards of health have a mandate to work with school boards and schools on healthy eating in schools.

## *Training and Resources:*

- 2009/10 Regional Training for Principals
- 2010/11 Regional Training for Teachers
- Canada's Food Guide
- Resource Guide
- Quick Reference Guide
- e-learning modules
- Teacher Resource (in development)



# Healthy Schools

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For more information on Healthy Schools in Ontario, please visit [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools)

# Thank you!

