HEALTHY SCHOOLS: Creating a Healthier Learning Environment for our Students
Ontario’s Healthy Schools Strategy

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

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 . . .

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

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
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

Resources:
• Foundations for a Healthy School Framework
• Building a Healthy High School
Background

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

<table>
<thead>
<tr>
<th>Trans Fat (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Formula: ( \frac{\text{Trans Fat (g)}}{\text{Fat (g)}} \times 100 ) = % of total fat from trans fat</td>
<td></td>
</tr>
</tbody>
</table>
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:

<table>
<thead>
<tr>
<th>Sell Most</th>
<th>Sell Less</th>
<th>Not Permitted For Sale</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the Sell Most category.</td>
<td>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).</td>
</tr>
</tbody>
</table>
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.
**Quick Facts:**

- The 80/20 rule:

<table>
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<tr>
<th>Sell Most</th>
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</tr>
</thead>
<tbody>
<tr>
<td>$\geq 80%$</td>
<td>$\leq 20%$</td>
<td>0%</td>
</tr>
</tbody>
</table>

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.

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.

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

For more information on Healthy Schools in Ontario, please visit www.ontario.ca/healthyschools

Thank you!