**School Name:** Healthy Schools Elementary **School District:** 25 **Date:** September 29th, 2012

**Contact Name:** Ms. Health **Contact Email/Phone Number:** mhealth@sd25.bc.ca/604-123-1234

**Who is on your healthy school team? (i.e. number of students, grade, other teachers, partners, etc.):** 2 classroom teachers, canteen staff, Dietitian from local Health Authority, all students from two classrooms (grade 4) were involved.

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| HEALTHY SCHOOLS PLAN | | | | | | |
| **ASPECT for focus :** HEALTHY EATING | | | | | | |
| **INQUIRY QUESTION:** How will students’ attitude towards fruits and vegetables change if we increase access to fruits and vegetables at the school and also teach about healthy food choices by using Canada’s Food Guide? | | | | | | |
| **Pillar** | **Where are we now?**  **(e.g. current activities)** | **Where do we want to go?**  **(e.g. Goals)** | **What can we do to get there? (e.g. healthy strategies)** | | **Timeline** | **Responsibility** |
| **T&L**  TeachingLearningIcon | We currently educate our students about healthy eating, using Canada’s Food Guide in the classroom. | To have every student be familiar with Canada’s Food Guide, and be able to make healthy food choices using the Guide and also to be able to teach their peers about healthy food choices. | Order each student a copy of Canada’s Food Guide. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>  Have students learn about various benefits of consuming fruits and vegetables and share that information by teaching peers.  Survey students at the beginning and end of school year to measure fruit and vegetable consumption. | Order Guides in September; continuously teach throughout the year.  Pre-test in fall, post-test in spring. | | Teachers.  Students.  Teachers and students. |
| **S&PE**  SocialPhysicalEnvironmentIcon | We are very supportive about healthy eating for our students and encourage them to eat more fruits and vegetables. Our canteen offers some cut fruits and vegetables. | Increase sales by 10% of fruit and vegetable snacks at the canteen. | Have students create a survey. Send survey to students to ask what their favorite fruits and vegetables are. Offer a variety of colourful fruits and vegetables to ensure there is something appealing to all students to increase sales. | Conduct survey in October & November, have foods available by January. | | Canteen staff, teachers, students. |
| **HSP**  HealthySchoolPolicyIcon2 | We follow the Guidelines for Food and Beverage sales in BC, especially in our school canteen. | Routinely reassess the implementation of the Guidelines (every 3-4 months) to ensure they are implemented accurately. | Have 5 students sign up each time the Guidelines are assessed. Teach students some of the basics of the Guidelines and have students and one teacher assess the canteen together. | Teach all students about the Guidelines. Have students sign up 1-2 weeks prior to assessment. Conduct first assessment before Christmas break, another in March and a final one in June. | | Teachers (or Dietitian) and students. |
| **P&S**  PartnershipsIcon | We currently don’t have any partnerships and services established. | Be a member of the BC School Fruit and Vegetable Nutritional Program for the school year to increase the consumption of fresh fruit and vegetables for all students.  Have Dietitian from local Health Authority to come in and help to teach about Canada’s Food Guide and possibly Guidelines. | Apply to participate in the BC School Fruit and Vegetable Nutritional Program <http://www.sfvnp.ca/> to ensure all students have equal access to fruits and vegetables.  Contact Health Authority to connect with a Dietitian. | Apply in September.  Contact by October. | | Teachers.  Teachers. |