

<p style="text-align: center;">STRAIT REGIONAL SCHOOL BOARD <i>Excellence in Lifelong Learning</i></p> <p style="text-align: center;"><i>POLICIES AND GUIDELINES</i></p>	<p style="text-align: center;">STUDENTS 1V-B-5</p>
	<p style="text-align: center;">STUDENT ACTIVITIES AND WELFARE Food and Nutrition</p>
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Food and Nutrition

POLICY STATEMENT

The Strait Regional School Board recognizes the direct relationship between healthy nutrition and the academic achievement of our students. Healthy nutrition helps students' learning, and enhances their physical, emotional, social and intellectual development. Well-nourished students are able to concentrate better, retain and apply information more effectively, and are more likely to demonstrate positive behaviors and relationships with peers.

The Strait Regional School Board believes that all partners in the public education system - students, parents/guardians, staff, volunteers, and members of the school community - have an important role to play in the promotion of healthy life-style choices, both through teaching and by example.

In the implementation of this policy, the Strait Regional School Board and all schools under its jurisdiction, shall comply with the provincial policy, Food and Nutrition for Nova Scotia Public Schools.

GUIDELINES

The Department of Education in cooperation with the Department of Health Promotion and Protection has developed comprehensive resources for schools and school boards to follow in the implementation of the Food and Nutrition Policy for Nova Scotia Public Schools. These materials are available online at http://www.ednet.ns.ca/healthy_eating.

They are:

1. Policy Directives and Guidelines
2. Food and Beverage Standards
3. Executive Summary (including an introduction and background)
4. Question and Answer Guide
5. Posters (Minimum Nutrition, Moderate Nutrition, Maximum Nutrition)

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