

Toronto District School Board

Policy P.035 BUS:

Nutrition Foundation

Statement

The Toronto District School Board recognizes the direct relationship between healthy nutrition and the academic achievement of our students: that healthy nutrition helps to support students' learning, and enhances their physical, emotional, social and intellectual development; that well nourished students are able to concentrate better, retain and apply information more effectively, and are more likely to demonstrate positive behaviours and relationships with peers.

The Board is also aware that an increasing number of students across our system from all backgrounds and circumstances do not consistently receive adequate nutrition to support their learning and developmental needs, and that this may inhibit levels of achievement and well-being among students in our schools.

The Board is therefore committed to working with its community partners to ensure that students have equitable access to high quality school-based nutrition programs, and that through curriculum activities, they have opportunities to develop an appreciation for the value of proper nutrition as an integral part of their present and future lives.

The Toronto District School Board will therefore ensure that:

- (a) procedures are established for the development of school-based nutrition programs (breakfast, lunch and snack) in schools where the school and its community determine that such programs will support the learning needs of students;
- (b) school-based nutrition programs are developed in consultation with the school community and that where feasible, students are involved in the planning and delivery of the program;
- (c) nutrition programs are provided in a safe and welcoming environment, reflect sensitivity to the values and tastes of our diverse community, and conform to acceptable nutrition standards based on *Canada's Food Guide To Healthy Eating*;
- (d) nutrition education is incorporated into appropriate areas of the curriculum for all students in order to develop decision-making skills for healthy living, and that relevant material and teacher training are provided to support the instructional program;
- (e) parents and the community are provided with information about nutrition programs and nutrition education in the TDSB in order to promote continuing awareness of and support for the Board's directions in this area;
- (f) procedures are in place to secure funding from external sources, including all levels of government and the private and non-profit sectors, to support the development of nutritional programs in TDSB schools;
- (g) a mechanism is established to co-ordinate, review and evaluate the implementation and effectiveness of nutrition programs in the system, and to make changes where necessary.