

# Success Story

## WEST VANCOUVER SCHOOL DISTRICT HEALTHY SCHOOLS COMMITTEE



## Action Schools! BC

The West Vancouver School District is committed to promoting healthy living in all its schools and creating a district-wide culture dedicated to physical activity and healthy eating. 100% of the schools in the district are registered with Action Schools! BC, benefiting from practical and relevant professional development, curriculum-linked resources and support for teachers in daily physical activity, physical education, and healthy eating, and leadership training and resources for students. The district has also created a Healthy Schools Committee that covers all topics related to comprehensive school health. This committee, comprised of the assistant superintendent, teachers, support staff, administrators, parents and community practitioners has made significant contributions including a decision to add to the "Health Promotion in Schools" Administrative Procedure to address foods that are offered to students in the school setting.

After many discussions, it was decided that the following amendment be added:

*"It is the intent of the West Vancouver School District to use rewards and incentives that do not undermine the health of students and/or reinforce unhealthy eating habits. Non-food rewards will be used as the first choice as incentives for students. If food is offered as a reward, healthy choices with appropriate portion sizes are to be strongly encouraged.*

*Foods and beverages that do not meet the 'Guidelines for Food and Beverage Sales in BC Schools' should make up no more than 20% of all food choices that are **offered** to students by parents, teachers and students in all venues, through all programs, at all events and celebrations. The school principal is to encourage the use of non-food rewards or healthy food choices in all classrooms and school events.*

*... significant events may continue to offer food as part of the celebration and would be exempt from the nutrition*

*standards outlined in this memorandum. Schools should continue to look at options that promote healthy eating options for all occasions and events."*

School administrators were provided with a variety of resources to help them support the Procedure including the Action Schools! BC *Eat Smart Celebrations* document, which West Vancouver school stakeholders helped to develop. This, along with other Healthy Eating Pages! including *Non-Food Rewards*, are downloadable at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca).

The "Guidelines" continue to be followed as part of the "Health Promotion in Schools" Administrative Procedure whenever food or beverages are **sold** to students.



The West Vancouver School District acknowledges the unique position schools play in being able to directly influence students' health. The district strives to provide: healthy physical and social environments; effective teaching and learning to achieve the knowledge, skills and attitudes needed to be healthy; and strong partnerships with the health sector and other community services contributing to wellness.

By taking advantage of the services offered by Action Schools! BC and the many organizations that support school health in the province, the schools and Healthy Schools Committee in West Vancouver are excelling at integrating healthy living into the fabric of their schools' communities in unique and creative ways.

