

## **Crestview School Healthy Living Policy**

Crestview School will work together in partnership with the community to provide a learning environment that promotes healthy living. Healthy living includes balancing good nutrition with physical activity. Crestview School will encourage and promote healthy food choices and physical activity.

Following are the Crestview School Guidelines for promoting a healthy active lifestyle:

- School staff, students, and parents are encouraged to bring food belonging to the four food groups of Canada's Food Guide for class parties, recess snacks and lunches. It is recognized that schools need to be flexible for celebration days.
- Crestview School will continue to encourage students to live an "active" lifestyle, promoting physical fitness and activity. School staff members are encouraged to act as role models in order to promote a healthy active lifestyle.
- School staff and community members are encouraged to choose fundraising activities, rewards, and incentive programs which do not compromise student's healthy food choices.
- School community members are encouraged to make healthy options available for school events.
- The school will work to ensure that all staff members are made aware of food allergies and guidelines to support these students.
- Crestview School will encourage families to send lunches with packaging that is recyclable.