

# **Fort McMurray Catholic Schools Operating Policies and Procedures**

## **OP 138 – Healthy Schools**

### **Policy**

The Fort McMurray Catholic Board of Trustees believes that a healthy lifestyle is crucial to student growth, development and learning. Therefore, the Board is committed to creating school environments/programs that follows the Comprehensive School Health Model (CSH):

1. Healthy Eating
2. Active Living
3. Positive Social Environment

Schools are responsible to ensure implementation of the three pillars of a healthy lifestyle, utilizing the Catholic District's Core Values and Virtues.

### **Regulations Elementary**

#### **1 Healthy Eating:**

All Catholic Schools will follow the Alberta Nutrition Guidelines for Children and Youth (ANGCY Food items sold and served for fundraising activities, events, school snack programs, hot lunch programs, and celebrations will follow the ANGCY 100% Choose Most Often Guidelines.

#### **2 Active Living:**

All Catholic Schools will follow the Daily Physical Activity (DPA) requirements and ABCD's of Physical Education as set out by Alberta Learning. Schools will offer a variety of physical activity opportunities (non-competitive and competitive) for students dependent on school specifics.

#### **3 Positive Social Environment:**

All Catholic Schools will deliver a cross-curricular Health/Wellness Program in accordance with Provincial mandated curriculum. Wherever possible, community personnel, and school Counselors will assist in the delivery of the curriculum by organizing presentations to students, staff and parents.

## Regulations Mid/High School

### 4 **Healthy Eating:**

All Catholic Schools will follow the Alberta Nutrition Guidelines for Children and Youth (ANGCY Food items sold and served for fundraising activities, sporting events, school snack programs, hot lunch programs, and celebrations will follow the ANGCY 60% Choose Most Often and 40% Choose Sometimes Guidelines.

### 5 **Active Living:**

All Catholic Schools will implement the Daily Physical Activity (DPA) requirements and ABCD's of Physical Education as set out by Alberta Learning. Schools will offer a variety of physical activity opportunities (non-competitive and competitive) for students dependent on school specifics.

### 6 **Positive Social Environment:**

All Catholic Schools will deliver an extensive Health Program in accordance with Provincial mandated curriculum. Wherever possible, community personnel, and school Counselors will assist in the delivery of the curriculum by organizing presentations to students, staff and parents.

## References:

- 1 [Alberta Nutritional Guidelines for Children and Youth](#)
- 2 [Daily Physical Activity Guidelines](#)
- 3 [ABCD's of Physical Education](#)
- 4 [FMCSD Core Values](#)
- 5 [Comprehensive School Health Model](#)

Date Approved:  
Date Revised:

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