

Strathmillan School Healthy Living Policy

At Strathmillan, we believe that healthy bodies and minds enhance a child's performance in everyday learning. We believe that it is a shared responsibility between home and school to educate and encourage healthy living.

In keeping with our belief, as a staff we will promote a healthy lifestyle by using the following guidelines:

- Share our belief statement with parents and enrol them as partners in the process.
- Be aware of all students that have food allergies and provide a safe environment where guidelines are listed and students are properly supported.
- Have Health classes that focus on Nutrition and the Canada Food Guide.
- Class parties will have healthy food choices such as veggies, fruit, cheese and crackers. We recognize that celebration days need some flexibility.
- Student incentives and rewards will involve physical activities and not be treat focused.
- School fundraisers will promote our health beliefs.
- Bi- Monthly physical activities will take place for the entire school.
- Staff will have access to resources to help promote healthy eating in their own lives.