

Rationale: Nutrition impacts learning. Research has found that poor nutrition choices can negatively affect cognitive ability, concentration, behaviour, and overall, self-regulation. The habits that youth create lead to life-long habits. A healthy diet is a key factor in improving mental wellness, a goal in our school, division, and province.

“The Ministry of Education recognizes that good nutrition for children and youth supports their readiness for learning and is foundational to student success. Schools play an important role in preparing students for the future and well-nourished students are more likely to achieve their academic potential, physical development, mental growth and lifelong health and well-being.” (p. 5, *Nourishing Minds Eat Well*, Saskatchewan Government, 2019)

Tisdale Middle & Secondary School is committed to providing a learning environment that promotes healthy eating and supports students in making healthy food choices at school.

Policy Statement: Tisdale Middle & Secondary School will promote student wellness and support healthy food choices. TMSS will provide food and beverage options that meet the “Nutrition in Saskatchewan Schools” of the Ministry of Education Policy Statement, 2019, whenever food is offered (Outreach worker’s snack cart, Foods 30 whole-school snacks, annual turkey dinner) and through our school vending machine. Staff will model with healthy food choices when in the classroom.

Supporting Activities: The following activities will be provided to students to further support healthy food choices:

- Microwaves purchased by the Student Representative Council will be in the hallways for student use at breaks and lunch hour.
- Stainless steel water fountains and water-bottle fillers with filtered water throughout the school will be always accessible to students.
- A vending machine with bottled beverages with low-sugar content and competitive prices to make healthier choices more economical.
- Our Outreach worker provides healthy breakfast and snacks throughout the day.
- A “healthy foods” grant for the Town concession to provide students a hot lunch special at half-price as well as a daily soup item on the lunch menu will be provided by the North East School Division. (The concession runs from after the Thanksgiving long weekend through to the end of April.)

Classroom Snacking: Bringing healthy snacks into the classroom will be permissible if eating does not impact learning. Teachers will have the autonomy to make the decision if snacks will be in their classrooms. There may be some situations where food will not be allowed, i.e., during cooking classes, in band class using instruments, when shared devices, like laptops, computers, and Chromebooks are being used by students, during lab experiments, phys. ed. classes, class time in the theatre and library, or during school assemblies or services.