

## Eating Well: Food and Beverage Policy Presented

The Catholic District School Board of Eastern Ontario firmly believes in educating our students on how to make healthy choices when it comes to food and nutrition.

Superintendent of Education, Marg Shea-Lawrence, presented to Trustees a number of changes being made to the Board's current food and beverage practices with the implementation of a Provincially mandated *School Food and Beverage Policy*. The policy sets out the nutrition standards that must be met in all schools where food is sold. "This includes food and beverages sold in venues such as cafeterias, vending machines, tuck shops, through catered lunch programs, and at events like bake sales and sports events," said Mrs. Shea-Lawrence.

The nutrition standards divide all food and beverages into three categories.

The *Not Permitted for Sale* category includes products that contain no essential nutrients and/or high amounts of sugar, fat, and sodium, such as fried foods, candy and energy drinks.

The *Healthiest* category consists of foods that have higher levels of essential nutrients and lower amounts of fat, sugar and sodium. These foods, which would include such items as extra-lean ground meat and whole grain breads, must make up 80% of all food choices that are available for sale in schools.

The *Healthy* category, which makes up the remaining 20% of choices, includes food with slightly higher amounts of fat, sugar, and sodium. Examples include bagels and cheese.

The standards, developed by both education and health stakeholders, embody the principles of healthy eating, as outlined in Canada's Food Guide.

There are a number of exemptions to the policy as well. The standards do not apply to food and beverages that are offered in schools to students at no cost, such as breakfast programs. Other exemptions include food brought from home or purchased off premises, and food sold after hours during non-school related events.

Through consultations with Catholic School Councils and students, school Principals will be permitted to designate 10 *Special Event Days* which will be exempt from the nutrition standards. "However, schools are always encouraged to sell food that meets the nutrition standards or use non-food items for special celebrations," added Mrs. Shea-Lawrence.

The CDSBEO has a special committee that has been trained on the new policy. Members are planning approaches to communicating the new policy and ensuring compliance.

Cafeteria providers, who must implement the new policy by 2011, will be informed of all the implications the new policy brings.

## Help For Haiti: CDSBEO Schools Make a Difference

CDSBEO schools have answered the call for help from Haiti, which was devastated by an earthquake on January 12, 2010.

Staff and students have come up with many ideas to raise funds for the relief efforts on the island nation.

To date, more than \$40,000 has been raised across the Board's eight counties.

"It's a shining example of how our students are embracing those in need," said Director of Education, Wm. J. Gartland. "We have seen our students recognize that they can make a difference in the world and that they have taken action to help. We should all be very proud of what they have accomplished in such a short time."

Schools have been creative in the ways that they have been raising funds. Yard sales, bake sales, coin drives, penny wars, crazy hat days, and pyjamas days, among many others, have been held to raise funds for the cause.

To make a difference in the lives of the people of Haiti, visit [www.cdsbeo.on.ca](http://www.cdsbeo.on.ca), and click on the *Development and Peace* logo at the top of the page for information on how to donate to the relief efforts.

## Kindness Sweeps Catholic High Schools

Catholic Student Trustee, Chris Walasek, reported to Trustees and Senior Administration that the Student Senate's Kindness Campaign is underway. Students are being asked to perform "ARKs", or Acts of Random Kindness in their everyday lives.

"We think that the ARK campaign is a perfect companion to our Board theme, *We walk in good company!*," said Chris. "We know that performing an act of kindness affects the person who performs the act, the person receiving it, and anyone who witnesses the act. We hope to promote these wonderful feelings across our School Board for this month and beyond."

Chris encourages all people, not just students, to take part in the campaign.

We walk in



good company!

Feb. 15, 2010 - Family Day

Feb. 24, 2010 - Special Education Advisory Committee

Mar. 15 - 19, 2010 - March Break

For more information contact **613-258-7757** or **1-800-443-4562**, ext. 206.

Visit us online at [www.cdsbeo.on.ca](http://www.cdsbeo.on.ca).

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**Next Board Meeting**  
February 16, 2010  
Kemptville Board Office  
7:00 p.m.