



Rocky View Schools Healthy Eating Initiative



ACHSC Spring Symposium, March 23, 2009
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Goal



- Support success in students in RVS
 - promoting a healthy eating environment
 - establishment of a sustainable infrastructure of people and resources

*'make healthy choices
the easy choices for students'*



Objectives

- System wide adoption of healthy eating guidelines (HEG)
- Physical and social environments support healthy eating
- Positive impact on attitudes, knowledge and self-reported behavior
- Transferable systems model



Supports

- 0.5 FTE Nutritionist for 3 years, moved to 1.0 FTE in year 2
- Support from School Health Consultant for 1.5 years
- AHS – Calgary, Healthy Living Department expertise



Supports (contd.)

- Limited, but critical, dollars to support school staff release
- Corporate partner support for school based instrumental needs (e.g. fridges)
- RVS Senior Administrative position and admin support

Key Successes at Systems Level

- System wide consultations and reports
- Cross jurisdictional Health Promoting Schools Advisory Committee
- Unanimous ratification of RVS HEG by Senior Executive and Board of Trustees
- Completion of school food assessments

Key Successes at Systems Level (contd.)

- Funding support for food service equipment
- Linkage to RVS Three Year Plan (Goal 1)
- Health Promoting Schools conceptual framework
- RVS Food Service Provider Contract



Key Successes at Systems Level (contd.)

- Moratorium on vending machine contracts
- Health, PE, CALM and Wellness curricula
- Staff Wellness initiatives
- **Mayors' Excellence Award, January 2009**
 - "partnerships that stand as benchmarks because of their positive impact on the education of our children."

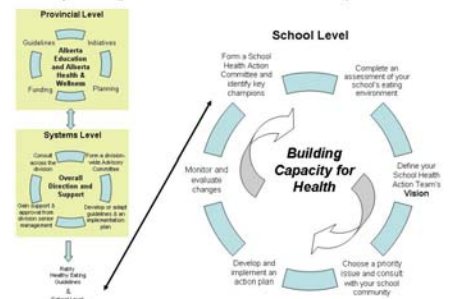


Key Successes at School Level

- Nutrition and Wellness outcomes and strategies in school level education plans
- School level implementation plan
 - School Health Action Teams
- Examples of actions



Healthy Eating Environments in Schools Systems Model



Lessons Learned

- Collaboration between Health and Education
- Need for flexibility
- Partnership with corporate donors for infrastructure supports



Healthy Kids – Healthy Learners

