

## Supporting Healthy Nutrition in Our School

**Healthy Schools 2020** is about working together to support active, healthy eating environments for schools in our region. Our school is proud to be part of this initiative and is taking active steps to create a healthy school nutrition environment.



As parents, you play an invaluable role in supporting the positive changes that are happening in our school. Here are some things you can do:

- Pack healthy lunches for your child. Emphasize fruits, vegetables, and whole grains.
- Encourage and support non-food or healthy food fundraisers for our school.
- Send a special birthday note in your child's lunchbox to celebrate his/ her birthday.
- Reward good behaviour with non-food items.
- Involve your child in meal preparation.
- Be a positive role model.
- Become involved in our school council.

To learn more about healthy school nutrition environments, visit [www.healthyschools2020.ca](http://www.healthyschools2020.ca)

*[Sample insert for school newsletters sent home to parents. More newsletter inserts can be found at [www.healthyschools2020.ca/en\\_healthy\\_schools\\_2020\\_newsletters.php](http://www.healthyschools2020.ca/en_healthy_schools_2020_newsletters.php)]*