

Healthy Eating Statement at Lord Byng

At Lord Byng School we believe strongly in promoting a balanced life with exercise, positive food choices, work and fun. This commitment to healthy living informs our plans and activities within the school setting. We strive to provide opportunities for students and their families to adopt healthy eating choices through educational classroom activities, school-wide initiatives, information in school newsletters, PAC organized hot lunch opportunities and PAC organized parent education events. We understand that occasional treats are part of a balanced lifestyle.

Families can support our endeavors at school in a variety of ways. We encourage families to participate in PAC sponsored 'healthy living' education workshops for parents. We encourage families wishing to acknowledge birthdays to provide healthy alternatives to traditional goodies. These may include individual packages of dried fruit, fresh fruit, popcorn, or baked pretzels, which are easy to distribute. Examples of enjoyable non-food treats are stickers, rub-on tattoos, pencils, bookmarks, bottles of bubbles and pieces of sidewalk chalk. We encourage families to send healthy lunches to school with their children and talk with them about the choices made for the health of your family.

Together, school and home are a powerful team in fulfilling the goal of ensuring our youngest citizens have the opportunity to live long and healthy lives.