

## **Westglen School, Didsbury, AB Grades 5-8**

### **BEFORE School Makeover**

Westglen School prior to their makeover had two vending machines that offered colas and carbonated beverages. The school sold a variety of prepackaged foods that were often high in fat like chips, chocolates, candies, burgers etc. Classroom celebrations included pizza, hotdogs, chips and soda pop. Westglen did not have a breakfast or snack program.

### **THE PLAN**

The goal of the school makeover included increasing the availability and encouraging healthy food choices. Here are some of the changes they implemented at Westglen School:

- A free daily breakfast program was implemented and paid for through community donations and supports. Grade 8 volunteers help distribute the breakfast daily. Breakfast foods include healthy choices such as bagels, cheese, crackers, toast, yogurt and milk.
- One vending machine was eliminated with the remaining machine only offering juice products and no longer soda pop.
- The daily lunch time store now offers more healthy choices such as homemade sandwiches, chili, veggie bowls, and fruit snacks. The amount students are able to purchase of other foods such as pizzas and burritos are limited to encourage the more healthy choices.
- Teachers are committed and lead by example through encouraging and consuming healthy food choices. Nutrition awareness is also promoted in class.
- An incentive program was incorporated to reward students for bringing healthy lunches. Once per week a “meal deal” is offered such as whole wheat bun burger, veggies or baked potato and a healthy drink choice.
- Nutrition is now part of their health curriculum and nutritional information is provided by their community nutritionist in school newsletters and website.
- To encourage milk consumption Westglen has implemented the “Scratch and Moo” competition. This program has increased milk sales among the students.
- The NSTEP (Nutrition, Student, Teachers, Education, and Parent) program was successfully implemented to promote nutrition awareness and encourage healthy eating.
- DPA – Daily Physical Activity was introduced two years ago.

### **AFTER School Makeover**

Feedback has been very positive from students, staff and parents at Westglen School. The students have demonstrated improved scholastic performance, have great concentration and are calmer and more energetic. Students have responded enthusiastically to the increased availability of fruits and vegetables some of which are being tried for the first time! Milk, yogurt and cheese consumption has increased.

### **FUTURE Plans**

Westglen school will continue its' breakfast program and the positive changes it has made.