



Sen Pok Chin School  
1156 Senpokchin Blvd.  
Oliver BC V0H 1T0  
250 498 2019  
office@senpokchin.com



Principal Ms. Valerie Allen  
principal@senpokchin.com

March 9, 2021

Re: Senpaq'cin Healthy Living Practices

To Parents/Guardians,

After Spring Break, Jennifer Martin our Health School's Coordinator will be educating students on healthy eating habits and nutrition.

Thank you to all our families that are sending water or 100% Fruit Juice Boxes as the drinks for school times. As we know, children are developing 'healthy habits' for life and limiting the amount of added sugar in sweetened drinks has many benefits. As a Healthy School, "added sugar" drinks are discouraged; such drinks include: Ice Caps, Gator-aid, Ice tea, Pepsi, etc. Sugary drinks cause spikes and crashes in energy levels. These highs and lows can have a negative impact in students' ability to concentrate for sustained periods of time.

We are mandated to follow the strict COVID-19 policy and regulations of the Ministry of Education. Senpaq'cin School has always had a policy of no drink or food outside. Senpaq'cin has always been a healthy school.

#### **Food Services.**

- Students and parents/caregivers are not permitted to bring homemade food items meant for sharing into the school at this time (e.g., birthday treats, bake sale items).
- The school will emphasize to students, teachers, and parents/caregivers that food and beverages should not be shared.
- Additional food will be made available through our kitchen program for any student who does not have enough food to eat during the day. These food items will be single serving items that do not require preparation like fruit, muffins, and granola bars.
- With face shield and face mask the school cook will serve each class at staggered intervals and that are marked with social distancing lines and signage.
- School cook will collect dishes and cups after each cohort groups' lunch break.
- Students and staff will wash hands prior to picking up their lunch and after they eat.

#### **Hand Hygiene.**

Students will be advised by signage and class instruction to perform hand hygiene:

- When they arrive at school
- Before and after breaks (e.g., recess, lunch)
- Before and after eating and drinking
- Before and after using an indoor learning space used by multiple cohorts
- After using the toilet
- After sneezing or coughing into hands
- Whenever hands are visible dirty.

We are also required to follow the Provincial Curriculum on Healthy Living.

### BC Curriculum – Physical and Health Education:

practices that promote health and well-being, including those relating to [physical activity](#), [sleep](#), and [illness prevention](#)

#### [nutrition](#)

- types of roles of nutrients
- eating three meals and two to three snacks each day
- limiting foods high in fat, sodium, and sugar

#### and [hydration](#)

water is the best choice for hydration

### Healthy and active living

Participate daily in physical activity at moderate to vigorous intensity levels

Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community

Explore and describe strategies for making healthy eating choices in a variety of settings

Describe ways to access information on and support services for a variety of health topics

Explore and describe strategies for pursuing personal healthy-living goals

As a First Nations School we also feel an obligation to help educate children and families regarding ways to avoid getting diseases like diabetes and diseases linked to obesity. First Nations are considered among the most at-risk populations for developing diabetes and other diabetes related complications in Canada. (Crowshoe et al., 2018; Ghosh & Gomes, 2011; First Nations Information Governance Centre [FNIGC], 2012, 2018; Gionet & Roshanafshare, 2013).

Here are some images look at to help you and your child visualize the “sugar added” content of classroom learning. Students will be participating in the Sip-Smart program which teaches them how to read food labels, evaluate the sugar and sodium content of the item to empower them to draw their own conclusions of drink choices to have throughout the day.

## 1 Teaspoon = 4 grams of Sugar



1 teaspoon

=



1 sugar cube

=



1 sugar packet

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

**For example: Sugar 32g = 32 / 4 = 8 Teaspoon**



## 32 fl. ounces of Gatorade

- 2.5 servings per bottle
- 21 grams of sugar per serving
- $21 \div 4 = 5.25$
- $5.25 \times 2.5 =$
- TOTAL 13.125 tsp. of sugar



### NATURAL vs. ADDED SUGARS

#### Natural Sugars

Those naturally occurring in foods



#### Added Sugars

Those added to foods during processing, preparation, or at the table



