

CREATING A NOURISHING ENVIRONMENT



Breakfast Club of Canada makes every effort to ensure that every child and youth receives two essential elements needed to learn: a nutritious breakfast served in a supportive environment. Breakfast clubs should strive to foster an environment in which all students feel safe, supported, welcomed, and respected. A nourishing environment promotes opportunities for students to build self-esteem and develop supportive relationships with adults and their peers. It also reinforces important health messages and contributes to the development of a healthy school community.

A nourishing environment refers to both the physical and the social environment of the school. According to the Joint Consortium for School Health:

THE SOCIAL ENVIRONMENT IS:

- The quality of relationships among and between staff and students in the school
- The emotional well-being of students
- Influenced by relationships with families and the wider community

THE PHYSICAL ENVIRONMENT INCLUDES:

- The buildings, grounds, play space, and equipment in and surrounding the school
- Basic amenities such as sanitation and air cleanliness

SOURCE:

<http://www.jcsh-cces.ca/upload/JCSH%20CSH%20Framework%20FINAL%20Nov%2008.pdf>

A HEALTHY SOCIAL AND PHYSICAL ENVIRONMENT CAN BE STRENGTHENED AT THE BREAKFAST CLUB BY:

PHYSICAL ENVIRONMENT	SOCIAL ENVIRONMENT
<ul style="list-style-type: none"> • Ensuring all foods and beverages offered are healthy, culturally appropriate and comply with school nutrition policies; • Providing sufficient space and time for students to sit and eat; • Providing easy access to proper hand washing facilities; • Ensuring the facilities and equipment are clean, properly sanitized and adhere to all applicable school and health unit safety regulations; • Following all school anaphylaxis and emergency policies; • Ensuring first aid kits are fully stocked and easily accessible; • Training a minimum of one staff member or volunteer in first aid and safe food handling; • Decorating the school and breakfast room with health promoting ideas and messages; • Starting a school garden. 	<ul style="list-style-type: none"> • Smiling; • Ensuring proper adult supervision is in place at all times; • Establishing rules and a code of conduct outlining expectations for behavior; • Inviting parents, staff and volunteers to sit and talk with students while they eat; • Encouraging and modeling healthy eating behaviors and good manners; • Celebrating birthdays, holidays or special events with healthy food; • Providing fun and educational activities for students to engage in together at the club; • Promoting students' self-esteem by praising their achievements and commenting on their unique qualities; • Incorporating student feedback in program and menu planning.