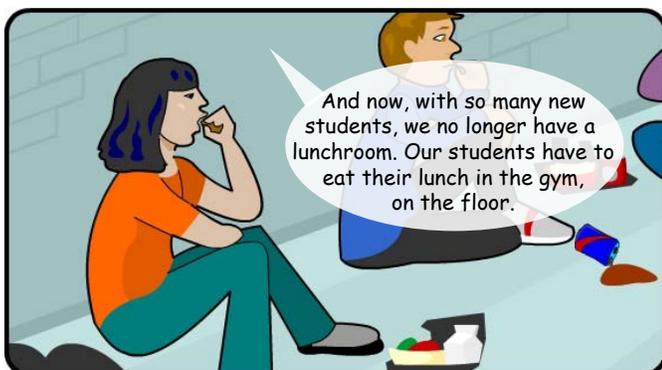




- Some schools sell only pizza at lunch time. Enjoying pizza occasionally is part of healthy eating, but it is important to eat a variety of foods from all of the food groups every day.

- You'll have more energy for class, sports, and having fun if you include fruits, vegetables, proteins, and carbohydrates into your snacks. What other foods from Canada's Food Guide could be sold in the school vending machines?



- Part of healthy eating includes taking the time to enjoy the food you are eating. If you have to eat on the floor, you may feel rushed and less likely to finish your lunch.

- Activity throughout the day makes it easier to get the appropriate amount of physical activity recommended by Canada's Physical Activity Guide, and can relieve stress, making it easier to concentrate while in class.

- Taking the time to relax and enjoy meals is part of healthy eating.



- Your school climate includes everything that influences your school day, including how you are able to learn, have fun with your friends, participate in physical activity, and talk to your teachers or peers. The attitudes and behaviours of every person in your school help to make the school climate. Can you think of ways that not having enough time for lunch or recess might affect you and your school's climate?



**Students can help to make the school a better place to learn and play in the following ways:**

1. Including everyone in activities
2. Not spreading rumours about other people
3. Participating in sports and other school activities or programs
4. Helping a friend if they are being teased
5. Bringing healthy snacks and lunches to school
6. Helping to start a breakfast program at school
7. Asking for a variety of foods in school vending machines and cafeterias

- What things would you like improve in your school to make it a healthier school climate? What could you do as students to improve these things? What things about your school already make it a fun and happy place to be?

- Understanding that all of our attitudes and behaviours can influence how others feel about themselves and their school is the first step to making a happier, healthier school environment. Incorporating healthy eating, active living, and size acceptance into every day can make your school environment more fun for everyone!