

## Guideline 2: School Environments

### Audio Descriptive Text

Title: Chapter 3. The School Health Guidelines to Promote Healthy Eating and Physical Activity; Guideline 2: School Environments. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity.

### Video Summary

- Guideline 2: Establish school environments that support healthy eating and physical activity.
- A healthy school environment includes promoting access to healthy food choices and physical activity options; keeping students safe; and being respectful to all students and staff.

### Audio Script

Guideline 2: Establish school environments that support healthy eating and physical activity. The school environment should:

- Support opportunities for healthy eating and physical activity.
- Keep students safe during physical activity programs.
- Ensure food safety.
- Be positive and accepting of diverse body shapes and sizes among students and staff.

Some traits that characterize a healthy school environment include:

- Promoting access to healthy foods and physical activity
- Providing suitable facilities
- Using marketing practices that promote healthy dietary choices
- Providing access to safe spaces and facilities for physical activity
- Avoiding the use of food as rewards and physical activity as punishment
- Promoting a healthy body image
- Upholding a universal school bullying policy

Some examples of creating a healthy school environment include having adequate time for meals, which means at least ten minutes for eating breakfast and 20 minutes for eating lunch.

It is also recommended to provide recess before lunch to reduce plate waste, increase food consumption, and decrease student wait time in line.