

Section: Student

Title: School Wellness Policy

Presented as below to School Board for Review on 5-17-06 & 6-1-06

SCHOOL WELLNESS POLICY

A healthy school environment is important for student academic success, long-term health and well being, and it reinforces the District's curriculum. Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. The Storey County School District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Storey County School District to support the Nevada Statewide School Wellness Policy that was drafted from recommendations made by community shareholders and the Nevada Nutrition Advisory Committee. The following policy applies to all foods and beverages served, sold, or given to students during instructional hours and it sets modest standards for meal times and recess in relation to lunch. Individual schools are encouraged to go beyond these standards to encourage more student daily physical activity and integrate curriculum within the school health environment.

As of July 1, 2006, the Storey County School District shall enforce the following minimum standards. Each school shall establish a "school wellness policy" that at a minimum shall include:

1. Each school shall designate a person (or persons) at each school site who is responsible for setting goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness. Such designee will also be responsible for submitting yearly data regarding implementation of this policy to the State Department of Education. Nutrition guidelines for all foods and beverages served, sold, given or made available to students, whether given away, earned, or sold, on school grounds during the school day must meet the following nutrition guidelines. The school day is observed from 30 minutes prior to the first class and lasts up to 30 minutes after the last class is excused.
2. The following nutrition guidelines apply to all foods and beverages provided by school stores, vending machines, and fundraisers during school hours, incentives, and rewards. The standards do not apply to foods and beverages served in staff only areas, at events and occasions that occur outside of instructional hours.
 - A. **FAT:** Emphasis is on food choices that are low in unhealthy fats as well as saturated fat and cholesterol while being moderate in total fat.
 - Saturated fats plus trans fats shall be limited to 10% or less of the total calories in the food.
 - Total fats shall be limited to 30% or less of the total calories in food product. Nuts, seeds, 100% fluid milk products containing 1% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk are exempt from this standard.
 - B. **SODIUM:** Sodium shall be limited to no more than 600 mg of sodium per serving.
 - C. **SUGAR:** Added sugars shall be limited to no more than 35% sugar by weight per serving. This includes sugars from fruits and vegetables when used as additives.
 - D. **TOTAL CALORIES:** Total calories are controlled through defined portions (#G).
 - E. **CAFFEINE:** Foods and beverages containing caffeine, excluding 1% or fat-free chocolate milk, are prohibited.

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- F. ADVERTISING: Any marketing, advertising, logos, signage, or promotion of foods prohibited in this policy (high in fat, salt, and/or sugar) shall be excluded from school grounds. This pertains to any new school marketing dated from July 1, 2006 forward.
- G. SERVING SIZE: Servings will not exceed the following portion sizes:

Elementary Grades	Middle/High School Grades
Chips (regular) – 1 ounce	Chips (regular) – 1.25 ounces
Chips (baked or no more than 5 grams of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels – 1.5 ounces	Chips (baked or no more than 5 grams of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels – 1.5 ounces
Cookies/cereal bars (plain) – 2 ounces	Cookies/cereal bars – 2 ounces
Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces	Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces
Bakery items (e.g., pastries, muffins) – 3 ounces	Bakery items (e.g., pastries, muffins) – 3 ounces
Frozen desserts – 4 ounces	Frozen desserts – 4 ounces
Water – No limit	Water – No limit
	Electrolyte replacement beverages – 12 ounces
Fruit drinks and frozen slushes (must contain a minimum of 100% fruit juice) – 8 ounces with a maximum of 150 calories	Fruit drinks and frozen slushes (must contain a minimum of 100% fruit juice) – 12 ounces with a maximum of 200 calories

- H. PROHIBITED ITEMS: Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. Prohibited items are restricted from sale or 'give away' to students are classified within categories:
 - Soda Water – any carbonated beverage. No product can be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
 - Soft drinks, sport drinks (except in middle and high school), punches, iced teas, "designer" drinks, less than 100% milks, "enhanced" waters, or "designer dairy drinks" with more than 15 grams of added sugar per 8 oz. Serving or additives, herbals, and non-vitamin substances.
 - Water Ices – any frozen, sweetened water such as "popsicles" and flavored ice with the exception of products that contain fruit or fruit juice.
 - Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
 - Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following

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types: chocolate, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

- I. EXEMPTIONS: Each school may establish a policy that allows exemptions for foods that exceed the established nutrition parameters as follows:
- In observance of state or national holidays;
 - For established religious observances such as Christmas, Hanukah, and Kwanza;
 - School community observances, such as birthday parties;
 - As part of a learning experience related to the reinforcement of established lesson plans in the classroom, this exemption, however, does not allow for an exemption toward the sale of foods as part of a business enterprise or fundraising activity.

Reimbursable meals provided to students under the National School Lunch Program are exempt from this policy since they are governed by Federal Regulation.

- J. MEAL LENGTH: Beginning with the school year 2006-07, each school shall:
- Designate at least 15 minutes for students to consume the breakfast meal (if breakfast is served).
 - Designate at least 20 minutes for students to consume the lunch meal.

- K. DAILY PHYSICAL ACTIVITY AND RECESS: Beginning with the school year 2006-07, each school shall:
- Serve lunch in the elementary schools after the mid-day recess period.
 - Designate at least 30 minutes of time daily, for physical activity.

Schools may apply for an implementation exemption, not to exceed two school years, by submitting a request to the Nevada Board of Education.

- L. FOOD ALLERGIES: Guidelines shall be established for managing students with food allergies, based on generally recommended guidelines. These will include parent responsibilities, administrative and staff education, training and procedures for reasonably accommodating these students to ensure the safest food handling, sanitation procedures, and eating environment.

- M. REVENUES AND ACCOUNTING: Guidelines shall be followed for revenue accounting, in accordance with Nevada Revised Statute 233B.050, or in accordance with established school district rules of practice.

- N. OVERSIGHT:
- Each school site shall designate a person or persons at the school site responsible for the oversight of the wellness policy that includes implementation, monitoring, and reporting.
 - The district shall maintain provisions for an advisory group composed of representatives from the school community, who would provide guidance in the development of the local education agency's wellness policy. Potential sources for member recruitment would be from the school's parents, students, the school

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- food authority, the school board, school administrators, and school nurses, but are not limited to these groups.
- A plan for measuring implementation of the school's wellness policy at both the school level and district level which, at a minimum, shall include:
 - The number of students in each school;
 - The average daily participation in the National School Lunch Program;
 - The average daily participation in the School Breakfast Program;
 - The time of the lunch recess at the elementary school level;
 - The length of the breakfast service;
 - The length of the lunch service;
 - When the service of lunch after recess, was implemented at the elementary school level;
 - The average number of physical activity minutes available to each student;
 - The number of children with access to physical education;
 - The number of children receiving physical education;
 - The number of minutes of physical education provided;
 - The total number of school days a student is required to attend physical education during the current school year;
 - The name, business phone number, and e-mail address of the oversight officer.
 - O. The Nevada Department of Education shall provide a website to collect data and evaluate outcomes from policy implementation.