

Elko County School District

School Wellness Policy

Elko County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn.

The Healthy, Hunger-Free Kids Act of 2010 requires each local educational agency participating in the USDA's school meals programs, to establish a local wellness policy to address all of the federal/state requirements.

Enactment of this law demonstrated a view that schools play a critical role in creating a healthy environment for the prevention of problems associated with poor nutrition and physical activity. The law places the responsibility of developing a wellness policy at the local level so that individual needs of each school district can be addressed.

Elko County School District considers parents and families as a child's first and most important teachers. However when children enter school, the responsibility for their learning is shared by the schools, families, communities, and the children themselves. With this in mind, Elko County School District will engage students, parents, and interested community members in developing, implementing, monitoring and reviewing an effective wellness policy that will support and promote improvement in the areas of physical activity and nutrition at the local school level.

I. School Wellness Advisory Council and Healthy School Teams

A district-wide School Wellness Advisory Council will meet a minimum of twice annually to review and update the district policy. USDA's Local School Wellness Policy Implementation requires that an advisory group be formed to address the development, implementation and review of the local school wellness policy. The policy must include a plan to include representatives from the following suggested categories: parents, students, school food authority, PE teachers, school health professionals, school board, school administrators, and the general public (which may include a local dietitian, medical professional, business owner, parks and recreation representative, community leader, farmer, etc.). The policy requires the school district to inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy annually. The school wellness policy must include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. School districts must designate one or more school district official(s) or school official(s), as appropriate, to ensure that each school complies with the local school wellness policy. ECSD Wellness Council will determine incentives and/or penalties as appropriate.

Each school district is required to develop a local school wellness policy based on the following topics:

Advisory Council, Wellness Policy Coordinator, Recordkeeping, School Wellness Policy Goals, Incentives and Rewards, Fundraising, Special Occasions, Revenue, Meal Consumption, Physical Activity, Recess before Lunch, Marketing, Smart Snacks Nutrition Standards, Specific Nutrient Standards for Foods, Beverages, Caffeine, Chewing Gum.

Elko County School District recognizes that efforts to improve children's health must be attentive to culture, languages and differences in social, economic and physical environments. Therefore individual schools sites are encouraged to establish Healthy School Teams responsible for the implementation of District policies and the development of school programs that will address and meet their unique school characteristics and needs in a fiscally responsible manner.

Schools are encouraged to conduct a baseline assessment of the school's existing nutrition and physical activity environments. The *School Health Index* through the Alliance For A Healthier Generation Website. This is an internationally recognized research-based instrument developed by the Centers for Disease Control and Prevention, Division of School and Adolescent Health. This instrument was developed to provide a self-assessment and planning tool to allow schools to assess the healthy learning environment. This tool will assist schools to develop an action plan related to one or more of the eight modules of the School Health Index.

II. Policy Administration/Operations

A. Wellness Policy Coordinator

Elko County School District Special Services Director or his/her designee will facilitate the development, implementation and compliance of the LSWP. And will complete

district level annual reports. In addition the Director or his/her designee will inform the NDA of the persons responsible for LSWP oversight by September 30th of each year. If the coordinator changes, the NDA must be notified within 60 days. Each site administrator will have the authority and responsibility to ensure that the school complies with the policy and is responsible for reporting the status of policy implementation annually to the Nevada Department of Agriculture.

B. School Wellness Policy Goals

School districts must select, measure, and report progress for at least one goal from each of the following categories:

- Nutrition promotion and education,
- Physical activity, and
- Other school-based activities that promote student wellness.

C. Recordkeeping

School districts must retain basic records demonstrating compliance with the LSWP and must include the following documentation: Compliance with the requirements of advisory group representation, triennial assessment of the LSWP, annual LSWP progress reports for each school under the jurisdiction, demonstrate compliance with public notification which includes:

- The web site address for the LSWP and/or how the public can receive/access a copy of the LSWP;
- A description of each school's progress in meeting the local school wellness goals;
- A summary of each school's events or activities related to LSWP implementation;
- The name, position(s)/title, and contact information of the designated wellness policy coordinator at the district and school level; and
- Information on how individuals and the public can get involved with the advisory group.

D. Revenue

Proceeds from the sale of food and beverages on school grounds during the school day must directly benefit school academics, activities, or the Elko County School District Food Service Department. Revenue funds must be accounted for and maintained in accordance with ECSD Policies.

E. Marketing

Only marketing consistent with Smart Snacks Nutrition Standards is allowed on the school campus. This includes any advertising and other promotions on the school campus during the school day (oral, written, or visual).

Schools must identify and eliminate all marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced.

III. Nutritional Quality of Foods and Beverages Sold and Served on Campus

A. Meal Times and Scheduling

Schools shall:

1. Provide students with at least 15 minutes to consume the breakfast meal and 20 minutes for students to consume the lunch meal.
2. Schedule meal periods at appropriate times (e.g. lunch should be scheduled between 11am and 1pm);
3. NOT schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
4. Provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
5. Take reasonable steps to accommodate the tooth- brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Recess before lunch is recommended, but is left to the discretion of each school.

Given health and safety concerns with regard to food allergies and special diets, students are discouraged from sharing their foods or beverages during meal or snack times.

B. Food and Beverages during the School Day

Smart Snacks Nutrition Standards

All foods and beverages available for sale or given away on the school campus during the school day must meet the minimum nutrition standards. These food standards apply to all grade levels and staff (unless otherwise specified).

To be allowable, a food item **must meet all** of the competitive food standards as follows:

Calories:

Snack/Side Item- ≤200 calories per item as served (includes any accompaniments)

Entrée- ≤350 calories per item as served (includes any accompaniments)

AND

Sodium:

Snack/Side Item- ≤230 mg per item as served until June 30, 2016
(≤200 mg after July 1, 2016)

Entrée- ≤480 mg per item as served

AND

Fat:

Total Fat- ≤35% of calories

Saturated Fat- <10% of calories

Trans Fat- 0 g per serving

AND

Sugar:

Total Sugar- <35% by weight

In addition to the Smart Snacks Nutrition Standards, food items **must meet one** of the following criteria:

- Be a grain product that contains >50% whole grains by weight or have whole grains listed as the first ingredient on the food label; **OR**
- Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy or protein foods; **OR**
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable; **OR**
- Contain 10% Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber (Effective through June 30, 2016).

*If water is the first ingredient, the second ingredient must meet one of the above criteria.

Schools should make reasonable efforts to post nutritional content information of foods sold during school hours.

Beverages

Allowable beverages vary by grade level and address container size. All beverages sold on the school campus during the school day must be non-carbonated. There are no restrictions on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.

Beverages for all:

Water– Plain, no size limit

Milk– Unflavored non-fat, unflavored low-fat, or flavored non-fat milk, ≤8 fl. oz. per serving for elementary school, ≤12 fl. oz. per serving for middle school and high school.

Juice– 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners), ≤8 fl. oz. per serving for elementary school, ≤12 fl. oz. per serving for middle school and high school allowable.

It is recommended that juice be sold in smaller serving sizes: 4-6 fl. oz. servings for elementary school and 8 fl. oz. servings for middle and high school.

Beverage	Elementary School	Middle School	High School
Plain water	No Size Limit	No Size Limit	No Size Limit
Low-fat milk, unflavored*	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Non-fat milk, unflavored or flavored*	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% Fruit/Vegetable juice**	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with plain water & with no added sweeteners

Other Allowable Beverages in **High School Only**.

Non-Carbonated Calorie-free beverages (≤ 20 fl. oz./serving);

Examples: Vitamin Water Zero, Propel Fit Water, Powerade Zero

Other Non-Carbonated “Calorie-free” Beverages (≤ 20 fl. oz./serving): < 5 calories per 8 fl. oz. or ≤ 10 calories per 20 fl. oz.;

Non-Carbonated Lower-Calorie Beverages (≤ 12 fl. oz./serving): ≤ 60 calories per 12 fl. oz., ≤ 40 calories per 8 fl. oz.

Examples: G2, Diet Snapple, Light Hawaiian Punch

Caffeine

All foods and beverages for students must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g. chocolate milk).

Chewing Gum

Sugar-free chewing gum is exempt from all competitive food standards and may be sold at the discretion of the schools.

Incentives & Rewards

Schools are strongly encouraged to utilize other forms of incentives or rewards that are not food-based. If schools choose to allow food as an incentive or reward, the food items must be in alignment with the Smart Snacks Nutrition Standards.

Rewards support student health when they involve using non-food items or activities to recognize students for their achievement or behavior. See resources for examples.

Fundraising Activities

To support children’s health and school nutrition-education efforts, school fundraising activities are encouraged to utilize non-food sales such as those that promote physical activity. If food or beverages are part of fundraising on campus during the school day, they must meet the above nutrition and portion size guidelines for foods and beverages sold individually. *Items that are delivered after the school day are exempt from the policy.* See resources for a list of ideas for alternative fundraising activities.

Food sold in school stores or as part of a business enterprise must meet the nutritional requirements as stated in USDA Smart Snacks. Documentation must be maintained by the store/group staff to assure that all foods meet the nutrition standards.

*Per School Food Services Contract, as of July 1, 2015, existing competitive food sales will be allowed and must be priced equal to the food service program for like items. Any new competitive food sales will be prohibited.

Policy Exemptions:

1. Celebrations:

Exemptions are allowed for foods that exceed the above guidelines are:

- Valentine’s Day;
- Easter;
- Halloween/Nevada Day;

- Thanksgiving;
 - Christmas;
 - 100th Day of School;
 - Cinco de Mayo;
 - Cowboy Poetry;
 - Read Across America Day;
 - Birthday parties – 1st Friday of each month.
- *Encourage non-food based celebrations.

It is recommended that food be commercially prepared to minimize risks of food borne illnesses and to avoid known food allergens.

2. **School Nurses:**

This policy does not apply to school nurses using Foods of Minimal Nutritional Value (FMNV) during the course of providing health care to individual students.

3. **Accommodating Students With Special Needs:**

Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of FMNV or candy for behavior modifications (or other suitable need) may be given FMNV or candy items.

IV. **Physical Activity**

To the greatest extent possible, schools should expand and/or support physical education classes, and extra-curricular programs that promote physical activity, including intramural and interscholastic sports programs, and other sports and recreation clubs and lessons that support increasing physical activity opportunities for students both during and outside of the school day.

A. **Physical Activity**

Schools must provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day (as defined by USDA). It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum. Passing periods do not qualify as physical activity time. Teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

B. **Daily Recess**

In addition to required physical education, students at the elementary level will have the opportunity to participate in daily supervised recess periods totally at least 20 minutes each day. Recess shall complement, not substitute for physical education classes.

C. **Physical Activity Opportunities Before and After School**

Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.

D. Use of School Facilities Outside of School Hours

Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school- or district-owned facilities open for use by students, staff, and community members during non-school hours and vacations. School policies concerning safety shall apply at all times.

v. Nutrition and Physical Activity Promotion

A. Nutrition Education and Promotion

As part of ECSD's commitment to creating a healthy environment for the prevention of problems associated with poor nutrition and physical activity, schools are encouraged to provide nutrition education and engage in nutrition promotion that:

1. Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, taste testing, and school gardens;
2. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
3. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
4. Teaches media literacy with an emphasis on food marketing.

B. Integrating Physical Activity into the Classroom

For students to receive the nationally-recommended amount of daily physical activity (at least 60 minutes per day), and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Classroom teachers are encouraged to provide:

1. Health education that complements physical education by reinforcing the knowledge needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
2. Opportunities for physical activity as they can be incorporated into other subject lessons; and
3. Short physical activity breaks between lessons or classes, as appropriate.

C. Staff Wellness

Elko County School District highly values the health and well-being of every staff member and encourages activities that support personal efforts by staff to maintain a healthy lifestyle.

Definitions

Carbonated Beverage- A class of beverages that bubble, fizz, or are effervescent. These include beverages that are aerated or infused.

Combination Food- products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Competitive Food- all food and beverages other than meals reimbursed available for sale to students on the School Campus during the School Day.

Fundraisers- the sale of items for monetary gain intended for consumption during the schoolday.

Local Educational Agency (LEA)- the authority responsible for the administrative control of public or private nonprofit educational institutions within a defined area of the state. For example: A school district or state sponsored charter school.

Local School Wellness Policy (LSWP)- the policy that applies to your local school district which supports a school environment that promotes sound nutrition and student health, reduces childhood obesity, and provides transparency to the public on school wellness policy content and implementation.

Marketing- advertising and other promotions in schools. Includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

Moderate to Vigorous Physical Activity- physical activities done at an intensity that increases children's heart and breathing rates above normal. For example: A child walking to school is moderate activity; Running and chasing others during a tag game is vigorous activity.

Non-program food- food sold in school during the school day at any time or location on the school campus other than reimbursable meals.

Physical Activity- bodily movement produced by the contraction of skeletal muscle that increases a person's energy expenditure above a basal level.

School Campus- all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day- the period from the midnight before, to 30 minutes after the end of the official school day.

School Property- all areas of the school campus including those that are owned or leased by the school and used at any time for school-related activities such as the school building, areas adjacent to the school building, school buses or other vehicles used to transport students, athletic fields or stadiums, or parking lots.

Smart Snacks Nutrition Standards- a part of the Healthy Hunger-Free Kids Act of 2010 that provides science-based nutrition standards for all foods and beverages sold to students in school during the school day.

Resources are available on ECSD Website