

TITLE: 7620R Wellness

PURPOSE AND BACKGROUND: The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is greatly linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students establish and maintain lifelong, healthy eating patterns.

APPLICABILITY: K-12 Students

MONITORING RESPONSIBILITY: Food Service Coordinator, Chief Operating Officer & Site Designees

OUTLINE OF PROCEDURE:

Wellness Coordinators will be paid a ~~\$1,500~~ stipend for each period of August through October, November through January, and February through the end of the school year.

The amounts are as follows:

Locations:	Stipend:
Amargosa & Gabbs	\$500
Beatty, Round Mountain & Tonopah	\$750
Floyd & Hafen	\$1,500
JG Johnson & PVHS	\$1,500
Manse & Rosemary Clarke	\$1,500

See attached School Wellness Policy/Regulation, Wellness Coordinator Duties and School Wellness Policy Coordinator Checklist.

References: Child Nutrition & WIC Reauthorization Act of 2004
Revisions: June 2, 2015
Effective Date: May 26, 2006
NEPN/NSBA
Classification: JLC:



NYE COUNTY SCHOOL DISTRICT SCHOOL WELLNESS POLICY



JANUARY, 2015

The Nye County School District is An Equal Opportunity Employer

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Introduction

The Nye County School District (NCSD) School Wellness Policy is based on and developed using USDA's Smart Snacks Nutrition Standards for all Foods Sold in Schools, Interim Final Rule and Local School Wellness Policy Implementation, Proposed Rule as required by the Healthy, Hunger-Free Kids Act of 2010. These federal standards are subject to change. As changes are made, the NCSD School Wellness Policy will be updated to comply with the federal minimum requirements.

The NCSD wishes to acknowledge the contributions of the following individuals:

School Wellness Advisory Group Members:

Lucretia Montgomery, Pahrump Valley High School Parent
Elizabeth Baird, Rosemary Clarke Middle School Student Council Member
Andrea Melgar, Pahrump Valley High School Student Council Member
Joy Belonga, University of Nevada Cooperative Extension, Extension Educator
Tracie Ward, NCSD Board of Trustee President
Chris Brockman, Principal, Pahrump Valley High School
Tim Wombaker, Principal, Rosemary Clarke Middle School
Lance Englund, Physical Education Teacher, Floyd Elementary School
Pam Petersen, NCSD Nurse
Jodi Martinez, NCSD Food Service Coordinator
Rachel Owens, NCSD Executive Secretary
Raymond Ritchie, NCSD Chief Operating Officer
David Dispensa, Principal, Gabbs Schools
Amber Zaval, Gabbs Parent
Jim Fitch, Principal, Round Mountain Schools
Carrie Marich, Round Mountain Parent/Advisor
Kira Hedrick, Health/Science Teacher, Tonopah High School
Theresa Mossey, Beatty Parent
Megaly Mendoza, Beatty Parent

Smart Snacks Nutrition Standards for all Foods Sold in Schools

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. The Smart Snacks Nutrition Standards support efforts by school food service staff, school administrators, teachers, parents, and the school community, who all work together to instill healthy habits in students. The Smart Snacks Nutrition Standards cover all foods sold in schools. This means foods sold during the school day in the following locations, (but not limited to) school stores, vending machines, bake sales, the snack bar, must meet the minimum federal regulations as laid out in the Smart Snacks Nutrition Standards. The intent of these standards is not to limit popular snack items but instead to make healthier snacks available to students. These snacks must meet common-sense standards for fat, saturated fat, sugar and sodium, while promoting products that have whole grains, low-fat dairy, fruits, vegetables or protein foods as their main ingredients.

Local School Wellness Policy Implementation

The NCSD has followed the implementation requirements 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. The school district must inform the Nevada Department of Agriculture (NDA) the name(s), position(s), and contact information for the person(s) responsible for the oversight of the local school wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, the school district must notify NDA within 60 days.

The NCSD is required to develop a local school wellness policy based on the following topics:

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

The School Wellness Policy Taskforce acknowledges that this Policy does not encompass all aspects of the school environment that affect school wellness and encourages local school districts to include other areas in their policies as applicable.

Nye County School District (NCSD) School Wellness Policy

1. Advisory Group

The NCSD has established a diverse team made up of committed school and community stakeholders to assess the school district needs and develop a policy that meets the operational realities of the school district and works toward improved health and wellness outcomes for school children. In addition, this group must meet at a minimum twice a year to review and update the local school wellness policy (LSWP), as needs change, goals are met, new information emerges, and the annual review is completed.

2. Wellness Policy Coordinator

The NCSD has established LSWP leadership, at the district and/or school level, who fully understand the LSWP requirements, who can facilitate the development and implementation of the LSWP, and who has the authority and responsibility to ensure that each school complies with the policy.

The school district has designated at the district and/or school level, the position(s) responsible for reporting the status of Policy implementation annually. The school district will inform the Nevada Department of Agriculture (NDA) the name(s), position (s), and contact information for the person (s) responsible for the oversight of the local school wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, the school district must notify NDA within 60 days.

3. Recordkeeping

School districts will 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.

4. School Wellness Policy Goals

The NCSD will 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.

5. Incentives & Rewards

The NCSD has encouraged other forms of incentives or rewards that are not food-based. We have addressed the use of food as an incentive or reward, if allowed it is required that the food awards be in alignment with the Smart Snacks Nutrition Standards.

6. Fundraising

All items sold to students on the school campus during the school day must meet the Smart Snacks Nutrition Standards, there are no exemptions.

7. Special Occasions

The NCSD has established the exemptions for foods that exceed the established nutrition parameters, they are as follows:

In observance of the following holidays or religious observances: Halloween, Christmas, Hanukkah, Kwanza, Valentine's Day, St. Patrick's Day, Birthday parties (celebrated once a month), or end of school year parties.

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

The sale of foods as part of a business enterprise or fundraising activity is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.

8. Revenue

The NCSD will follow the District Policies and Procedures as it relates to the sale of food on the school campus during the school day by one or both of the following methods:

Federal Standard: All revenue from the sale of non-program foods purchased with funds from the non-profit school food service account shall accrue to the non-profit school food service account of the participating school food authority.

Nevada Revised Statute: Each School's wellness policy shall include: Guidelines for revenue accounting in accordance with NRS 233B.050, or in accordance with established school district rules of practices. We would follow the NCSD's Policies and Procedures as it relates to the sale of food as mentioned above.

9. Meal Consumption

It is the intent of this policy to allow each student adequate time to eat their meals, therefore, time spent acquiring the meal is not included in the time to consume the meal.

The NCSD shall:

Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast); and

Provide at least 20 minutes for each student to consume the lunch meal.

10. Physical Activity

Each school will 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.

11. Recess Before Lunch

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

12. 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).

13. Smart Snacks Nutrition Standards

All foods and beverages available for sale or given away to students on the school campus during the school day must meet the minimum nutrition standards. These food standards apply to all grade levels (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- \leq 35% of calories
Saturated Fat- $<$ 10% of calories
Trans Fat- 0 g per serving
AND

Sugar:

Total sugar- $<$ 35% by weight

14. Specific Nutrient Standards for Food

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 $\frac{1}{4}$ 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.

15. 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, \leq 8 fl. Oz. per serving for elementary school, \leq 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), \leq 8 fl. Oz. per serving for elementary school, \leq 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.

Examples: Diet Fuze, Pure Leaf Iced Tea

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

Examples: G2, Fuze Slenderize, Diet Snapple, Light Hawaiian Punch

16. Caffeine

All foods and beverages in elementary school and middle school must be non-carbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g., chocolate milk).

It is recommended that no caffeine be allowed, however, caffeine is permitted in those high schools that do not have elementary/middle school students in the same buildings and at the discretion of the Principal.

17. Chewing Gum

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

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 school day.

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 provide science-based nutrition standards for all foods and beverages sold to students in school during the school day.

School Wellness Coordinator's Duties/Job Description

1. Coordinator must fully understand the local school wellness requirements.
2. Facilitates the development and implementation of the policy. Therefore must have authority to ensure that their school complies with policy.
3. Must coordinate with Advisory committee as to any changes in the District Wellness Policy.
4. The principal will report to District Wellness Coordinator by September 1st of each year the name of School Wellness Coordinator. The School Wellness Coordinator must notify the District Coordinator within 30 days of vacating the position if during the school year.
5. School must select at least one Nutrition Promotion to measure and report progress towards promoting student wellness.
6. School must select at least one Education Goal, to measure and report progress towards promoting student wellness.
7. School must select at least one Physical Activity Goal, to measure and report progress to promote student wellness.
8. School must select at least one goal for Other School-Based Activities that promote student wellness, to measure and report progress to promote student wellness.
9. As a part of the annual evaluation, monitor the seat time for students to consume their meal [breakfast 15 minutes, lunch 20 minutes]. Make suggestions if students consistently do not have enough time. Seat time does not include the time it takes to receive the meal.
10. Monitor physical activity during the school day. Make suggestions if students consistently do not have enough time [30 minutes per day].
11. Monitor that all foods sold or given away to students on the school campus during the school day [see policy rule] must meet the Smart Snacks Nutrition Standards. This includes in classrooms, vending machines, school stores etc.
12. Monitor Special Occasions/Holiday Celebrations. See rule 7 in the LSWP.
13. Monitor fundraising. Schools can sell nutritious foods and beverages or even non-food items as fundraisers without exception. There are no limits on food and beverage fundraisers held during the school day if items sold are intended for consumption outside of the school day. See nutrition guidelines.
14. Monitor 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-based incentives or rewards, the food items must meet the nutrition standards in the LSWP.
15. Monitor marketing. Only marketing consistent with the LSWP regulations is allowed on campus during the school day.
16. Reporting/Record keeping. Coordinators must conduct a review of their school and report findings to District Coordinator annually. Measure and report progress for at least one goal from each of the goals from above.
17. District Coordinator and School Coordinators must meet once a year to discuss Reporting/Record keeping documentation.

SCHOOL WELLNESS POLICY COORDINATOR CHECKLIST *DRAFT*

Date Completed _____

District:	Yes	No	Comments
1. Have you formed an Advisory Group?			
2. Has this group met a minimum of twice a year to review and update the LSWP?			
3. Do you have a designated Wellness Policy Coordinator?			
4. Do you have records showing compliance with the requirements of advisory group representation?			
5. Do you have records demonstrating compliance with public notification requirements?			
6. Do you have records showing annual LSWP progress reports for each school?			
7. List the goal for nutrition promotion and education that you have selected, measured and reported progress on:			
8. List the goal for physical activity that you have selected, measured and reported progress on:			
9. List the goal for school based activities that promote school wellness that you have selected, measured and reported progress on:			
10. Were the SWP goals listed in year one and year two accomplished:			
Site:	Yes	No	Comments
11. Are foods used as incentives or rewards at your school?			
12. If yes, do foods offered as incentives or rewards meet the Smart Snacks Nutrition Standards?			
13. Do foods sold or used in fundraisers meet the Smart Snack Nutrition Standards?			
14. Has your school established a policy designating which special occasions or holidays to allow foods exceeding the Smart Snacks Nutrition Standards?			
15. Does all revenue from the sale of non-program foods purchased with funds from the non-profit school food service accrue to the non-profit school food service account?			
16. Are there guidelines in place for tracking revenue from the sale of food on the school campus during the day?			
17. Are students provided a minimum of 15 minutes to consume the breakfast meal?			
18. Are students provided a minimum of 20 minutes to consume the lunch meal?			
19. Are students provided the opportunity for a minimum of 30 minutes for moderate to vigorous physical activity during the regular school day?			
20. Does your school allow marketing or advertising of foods/beverages on school property?			
21. If yes, do these foods/beverages marketed or advertised on school property meet the Smart Snacks Nutrition Standards?			
22. Do foods/beverages sold on school property meet the Smart Snacks Nutrition Standards?			
23. Do foods/beverages given away on school property meet the Smart Snacks Nutrition Standards?			
24. Are all beverages sold on the school campus non-carbonated?			