

**BOARD OF TRUSTEES
CHURCHILL COUNTY SCHOOL DISTRICT**

WELLNESS AND HEALTHY SCHOOL ENVIRONMENT

Churchill County School District is committed to providing an environment where students and staff can make healthy food choices and take part in physical activity that support academic success and lifelong health. Research has found a clear connection between good nutrition, exercise, student achievement, and job performance. Schools that have implemented these healthy programs report fewer behavior problems. This policy outlines requirements and directions for increasing the availability of exercise as well as healthy foods and beverages that support students, staff, and parents in making educated nutritional choices.

CCSD goals are as follows:

Follow the Nevada State Wellness Policy with regards to:

1. Food choices
2. Physical activity
3. Healthy choice education

Utilize the Healthy Schools Inventory to perform site based assessments. Information gained from the assessments may be used by the Wellness Committee to determine future goals. Each school site must have an active champion.

Effective July 1, 2015, the following nutrient standards, which comply with the Nevada Department of Agriculture wellness policy, will apply to all foods and beverages sold or given away at all school district facilities. These smart snack standards are applicable from midnight before school starts until one-half hour after the end of the regular school day. The smart snack standards govern the quality and portion sizes of food and beverages authorized for sale through, including but not limited to: student stores, vending machines, the CCSD Food Service Department a la carte sales, and all fundraising activities, including all school-sponsored fundraising activities.

Churchill County School District will maintain a diverse team made up of committed school and community stakeholders to assess the needs and develop a policy to meet the operational realities of the health and wellness of our school children. In addition, this group will meet at least three times a year to review and update the Local School Wellness Policy (LSWP) and approve the Annual Review.

The Wellness Policy committee will include representatives from the following categories to participate in the development, implementation, and periodic review and update of the Wellness Policy: parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, and the general public. CCSD will establish LSWP leadership, at the district and/or school level, who fully understand the LSWP requirements, who can facilitate the development and

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implementation of the LSWP, and who have the authority and responsibility to ensure that each school complies with the policy. CCSD will designate, at the district and/or school level, the position(s) responsible for reporting the annual status of the Wellness Policy implementation. The Superintendent will appoint the district-level Wellness Policy Coordinator and each principal will designate an administrative staff member as the site Wellness Coordinator. CCSD will inform the Nevada Department of Agriculture (NDA) of 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 school level by September 30th of each school year. If the designated wellness policy coordinator changes, the District will notify NDA within 60 days.

The District will determine incentives and/or consequences for school compliance with their LSWP.

A. 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 – ≤35% of calories

Saturated Fat – <10% of calories

Trans Fat – 0 g per serving

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AND Sugar:

Total Sugar – <35% by weight

1. 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 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.

2. 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.

3. 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.

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

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

4. 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

5. 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 at the high school level at the discretion of the school district.

6. Chewing Gum

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

- B. The Wellness Coordinator is responsible for maintaining the directory of approved items on the website for all school sites to use in ordering items for vending machines, student stores, a la carte sales, and all fundraising activities, including school-sponsored fundraising activities, and will be incorporated into all school vending and food purchasing contracts. 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). The District will 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 placed.

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- C. The District will retain basic records demonstrating compliance with the LSWP and must include the following documentation:
 - 1. Compliance with the requirements of advisory group representation;
 - 2. Demonstrate compliance with public notification which includes: the website address for the LSWP and/or how the public can receive or 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/or school level; and information on how individuals and the public can get involved with the advisory group;
 - 3. Annual Process Reports will be conducted to monitor the policy implementation at each site;
 - 4. Triennial assessment of the LSWP progress reports for each school under the jurisdiction will be conducted, at a minimum of every three (3) years.
- D. K-12 nutrition education and materials encourage awareness and promote healthy nutrition choices by students and adults. Information will be provided to parents encouraging them to make healthy choices for their child and for items to be distributed in the classroom setting. (A suggested list of acceptable Smart Snacks will be available on the website for parents.) Increase parent and student awareness of healthy lifestyle choices by periodically providing information to families.
- E. Food and beverages sold in administrative and faculty areas must adhere to this policy.
- F. Schools are encouraged to include non-food items such as pencils, stickers, etc., as choices in their student store, vending machines, school-sponsored fundraising activities, and as classroom incentives and rewards. Fundraiser foods or beverages may not be sold in competition with the school meals programs during the meal service hours. Food may not be used as a punishment. If foods or beverages are used as an incentive or reward it must meet the smart snack standards.
- G. Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the CCSD Food Service Department.
- H. The Director of Food Services will oversee compliance of the state and local wellness policy and maintain the directory of approved items. 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. Financial accounting for the sale of food and beverages on school grounds must adhere to CCSD accounting practices and procedures in accordance with NRSB. 233B.050.

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- I. The Director of Food Services is responsible for providing the Wellness Coordinator with the approved items for the directory. To find out if an item is approved it must go through the approval process. Fill out the form and attach the nutrition facts to the form. See addendum (A) for the form. Send it via district mail to Food Service, attention to the Director of Food Services. The information will be processed and the form will be sent back with approval or denial of the item. If the item is approved it will be added to the directory. All forms and food labels will be stored and maintained in the Food Services Office.

- J. The following activities are exempt from this policy:
 1. Observance of state or national holidays, established religious observances, community observances, birthdays, etc. Each school site will be allowed to have classroom parties and celebrations: 1) In observance of state or national holidays like Nevada Day, Christmas, Hanukah, and Kwanzaa, etc.; 2) In observance of school community traditions such as monthly birthday celebrations, and 3) as part of a learning experience related to the reinforcement of established lesson plans in the classroom. The dates for special occasion celebrations must be determined by the school administration and reported to the Nutrition Coordinator at the start of each school year. Foods and beverages for classroom parties and celebrations can only be offered after lunch service is completed. Pep rallies and student organization meetings will not be considered a special occasion and therefore are not appropriate for exemption.
 2. As part of a learning experience related to the reinforcement of established lessons plans in the classroom (may not involve sales)
 3. Fieldtrips
 4. Each elementary school shall:
 - a. Have the option of serving lunch after the mid-day recess period.
 - b. Designate at least 15 minutes for students to consume the breakfast meal.
 - c. Designate at least 20 minutes for students to consume the lunch meal.
 - d. Designate at least 30 minutes daily for physical activity.
 5. Physical Education and Physical Activity Opportunities for all students
 - a. The district shall offer physical education opportunities that include the components of a quality physical education program consistent with Nevada Administrative Code (NAC) 389.2425, 389.283, 389.246, 389.386 and 389.485. Physical education shall equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity. Physical education instruction shall be aligned with the Nevada Physical Education Content Standards.

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- b. Every year, all students will have the opportunity to participate regularly in supervised structured physical activities intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.
 - c. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain inactive for extended periods of time, schools should give students periodic breaks during which they are encouraged to be moderately active.
 - d. School district personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
6. Goals for nutrition education, physical activity, and other activities that are designed to promote students and staff wellness.
- a. The Churchill County School District's goal is to create a health-promoting environment where the health of the students and staff are considered as an asset and staff is encouraged to practice healthy behaviors.
 - b. Health maintenance requires a balance between energy consumed (food) and energy expended (exercise). Excessive food intake along with physical inactivity leads to obesity and various medical conditions. It is the goal of the school district to provide an environment where all students and staff are at optimal health.
 - c. We will foster a healthy environment by the following:
 - Evaluating the needs of staff and delivery programs to address these needs.
 - Providing wellness opportunities.
 - Sharing health related information with students, staff, and the community to positively impact the broad school community.

Questions regarding compliance to this policy should be directed to the CCSD Wellness Coordinator.

ADOPTED: 4/13/06

REVIEWED:

REVISED: 1/31/11, 3/10/11, 4/25/13, 12/17/15, 2/11/16

LEGAL REFERENCE: Nevada Administrative Code (NAC) 389.2425, 389.283, 389.246, 389.386 and 389.485

REVIEW RESPONSIBILITY: Board of Trustees / Director of Food Services