

PERSHING COUNTY SCHOOL DISTRICT WELLNESS POLICY

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 intent of these standards is not to limit popular snack items, but instead to make healthier snacks available to students.

Pershing County School District is committed to providing an environment in which students can make healthy food choices that support academic success and lifelong health. Research has found a clear connection between good nutrition and student achievement. Schools that have implemented healthy food programs report fewer behavior problems. This regulation outlines requirements and directions for increasing the availability of healthy foods and beverages and supporting students, staff, and parents in making educated nutritional choices.

Implementation and adherence to the Wellness Policy is each employee's responsibility under the supervision and guidance of the site administrator and the district Food Service manager. All nutritional guidelines will be adhered to except during a medical emergency or when otherwise specified in a student's Individualized Education Plan (I.E.P) or underwritten medical authorization.

A district-wide Wellness Committee will meet at least twice annually to review and update this policy as necessary. The committee will be comprised of parents, teachers, support staff, administrators, students, school nurse, food service manager, business manager and at least one school board member. The Food Service Director for Pershing County School District will oversee the Wellness Committee.

Effective July 1, 2014, the following nutrient standards will apply to all foods and beverages sold at all sites accessible to students during the school day. **A SCHOOL DAY is defined as the period from the midnight before, to 30 minutes after the end of the official school day.** The standards govern the quality and portion sizes of food and beverages authorized for sale through (including but not limited to) vending machines, a la carte sales, school-sponsored fundraising activities, student stores, incentives or rewards and the PCSD Food Service Department.

NUTRIENT STANDARD REQUIREMENTS

Nutrient Standards and Guidelines are necessary to: provide a mechanism by which individual food and beverage products can be evaluated since products are reformulated and/or introduced almost daily; set upper limits for nutrients of concern, i.e., total fat, saturated fat, sugar and sodium; evaluate in products the level of key nutrients students need to increase, i.e., protein, fiber, vitamin A, vitamin C, iron and calcium; and determine when maximum levels of nutrients of concern can be waived due to the presence of at least one (1) key nutrient at greater than or equal to 10% daily value. The standards will identify these criteria.

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.)

FOODS:

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

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- 0g 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 ¼ 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 criteria.

BEVERAGES:

Allowable beverages vary by grade level and 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.

Whenever possible, juice should be sold in smaller serving sizes; 4-6 fl. oz servings for elementary school and 8fl. oz. servings for middle and high school.

High School Only - Other allowable Beverages

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*

CAFFINE:

- Food, drink or other consumable items containing caffeine and guarana may not be sold to students at any PCSD school. Students in elementary school and middle schools may also not possess or consume these foods or beverages at school or school related activities.
- The high school principal shall determine school rules regarding possession and consumption of caffeine and guarana containing items for high school

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students. Examples of caffeine and guarana containing foods/beverages include but are not limited to: coffee, hot or iced coffee drinks, caffeinated tea, energy drinks or energy “shots.”

- Foods with trace amounts of naturally occurring caffeine, such as chocolate or hot cocoa, are allowable within the snack guidelines at any school.

Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. The foods that are restricted from sale or “give away” to students are classified within four categories:

- **Soda Water** – any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to food such as vitamins, minerals, and protein.
- **Water Ices** – any frozen, sweetened water such as “...sicles” 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 insoluble mass for chewing.
- **Certain candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

VENDING AND ACCOUNTING:

A selection of acceptable choices of approved foods and beverages will be developed and updated annually or more often as needed by the Food Service Department in consultation with a registered dietician. This list will be distributed to all school sites and posted to the district website for use in ordering items for vending machines, a la carte sales, student stores, and school-sponsored fundraising activities, and will be incorporated into all school vending and food purchasing contracts. Documentation of all food items that are sold or given away will be kept to verify compliance with the Smart Snacks in Schools Nutrition Standards.

The District Superintendent must review and approve all vending contracts.

The District will encourage the consumption of fresh fruits and vegetables when available.

K-12 nutrition education and materials will encourage awareness and promote healthy nutrition choices by students and adults. Information will be provided to parents encouraging them to make healthy choices in selecting snacks and lunch items they send to school with their child.

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Food and beverages sold more than one-half hour outside of regular student school hours are exempt from this policy.

K-5 will not SELL snacks during class time.

Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

Schools are encouraged to include non-food items such as pencils, stickers, etc., as choices in their student stores, vending machines, and school sponsored fundraising activities. The District will post alternative fundraising information on the district website.

Proceeds from sale of food and beverages on school grounds must directly benefit school academics, activities, or the PCSD Food Service Department.

Financial accounting for sale of food and beverages on school grounds must adhere to PCSD accounting practices and procedures.

School districts must identify how they will track revenue from the sale of food on the school campus during the school day by the following method:

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 practice.

POLICY EXEMPTIONS:

Special Occasions and Outside Foods:

- Foods exceeding the established nutrition parameters may be allowed on special occasions, including but not limited to state or national holidays for established observances such as Christmas, Hanukkah, Kwanzaa, or Halloween; for school community observances, such as birthday parties; or as part of a learning experience related to the reinforcement of established lesson plans in the classroom.
- Each school will encourage parents who assist with school celebrations to provide celebration snacks which meet the Smart Snack guidelines, or, preferably to participate in non-food based special activities. Examples of such activities include games, contests or other forms of physical activity, providing or assisting with a special craft activity, or preparation of a healthy snack at school.
- All food products, including special occasion foods, brought in to school other than through the District food service program, must be commercially prepared and pre-wrapped with a corresponding ingredient and nutritional content label, or come in a natural wrapper, such as orange or apple.

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This is to:

- o Minimize the risk of foodborne illness transmission among students.
- o Reduce the economic hardship for parents/guardians required by staying home from work with sick children if their child becomes infected with foodborne illness.
- o Reduce the risk of a life-threatening reaction for students with known allergies to certain food products.
- o Help staff care for students who require accurate knowledge of the nutritional requirement of foods, such as diabetics.

SCHOOL NURSES:

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

STUDENTS WITH SPECIAL NEEDS:

Special needs students whose Individualized Education Plan (IEP) or 504 plan indicates the use of FMNV, candy, or non-approved snacks or beverages for behavior modification or other suitable need may be given these items.

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.

Each school shall:

- Provide at least 15 minutes for each student to consume the breakfast meal.
- Provide at least 20 minutes for each student to consume the lunch meal.

PHYSICAL ACTIVITY IN SCHOOLS:

- Classroom teachers should provide short physical activity breaks between lessons or classes. Schools must provide the opportunity for moderate to vigorous physical activity for a minimum 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.**
- Information will be provided to parents in an effort to promote a healthy diet and daily physical activity for their children. Periodic healthy eating seminars for parents will be offered and home nutrition information will be distributed as well as posting nutrition tips on school/district websites. School meal menu nutritional analysis will be available to parents and guardians upon request.
- Information will be provided about physical education and other school based physical activity opportunities before, during and after the school day and will

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support parents' efforts to provide children with opportunities to be physically active outside school.

- Teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.
- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity will be encouraged verbally as well as through the provision of space and equipment.

WELLNESS POLICY GOALS & OBJECTIVES:

Nutrition Promotion and Education

- The District website will be updated with the new wellness policy and approved snack list.
- The District wellness policy and approved snack list will be provided to parents before the beginning of the school year. New changes will be highlighted.
- A quarterly newsletter will be attached to the monthly lunch menu. Newsletter and menus will also be emailed to staff.
- The wellness committee will work with Safeway and Family Dollar to create an approved snack display in August and September for parents to see.

Physical Activity

- Add Pershing County Middle School and Pershing County High School to the Lovelock Elementary School Monthly Parent Walks.
- Add a Fitness Section to Lovelock Elementary School's Family Literacy Nights.
- Annual Track and Field Day at Lovelock Elementary
- Have a school dance once every 9 weeks at each school.
- Implement physical activities during Homecoming, Winter Spirit Week and Unity Day.
- Participate in a district wide 5K challenge.

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Other School-Based Activities

- Incorporate physical activity into the school day at all school levels.
 - Identify current baseline physical activity opportunities at LES, IES, PCMS and PCHS
 - Create and administer a survey of current PE and other physical activity opportunities in the District.

- Promote opportunities for physical activity outside of formal PE or recreation classes.
 - Identify current grounds, equipment and materials available for students to use outside of formal PE classes.
 - Create and administer survey of available equipment at each school.
 - Meet with team and analyze data and make recommendations.

- Incorporate Presidential Fitness at PCMS.

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). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. School districts must identify and eliminate all marketing and advertising on school property that does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced. The promotion of healthy foods and beverages including fruits, vegetables, whole grains and low-fat dairy products is strongly encouraged.

Review Responsibility: Annual review by Wellness Committee

Board Approved:

Updated & Board Approved: _____

Attached: Nevada Department of Education Statewide School Wellness Policy Definitions