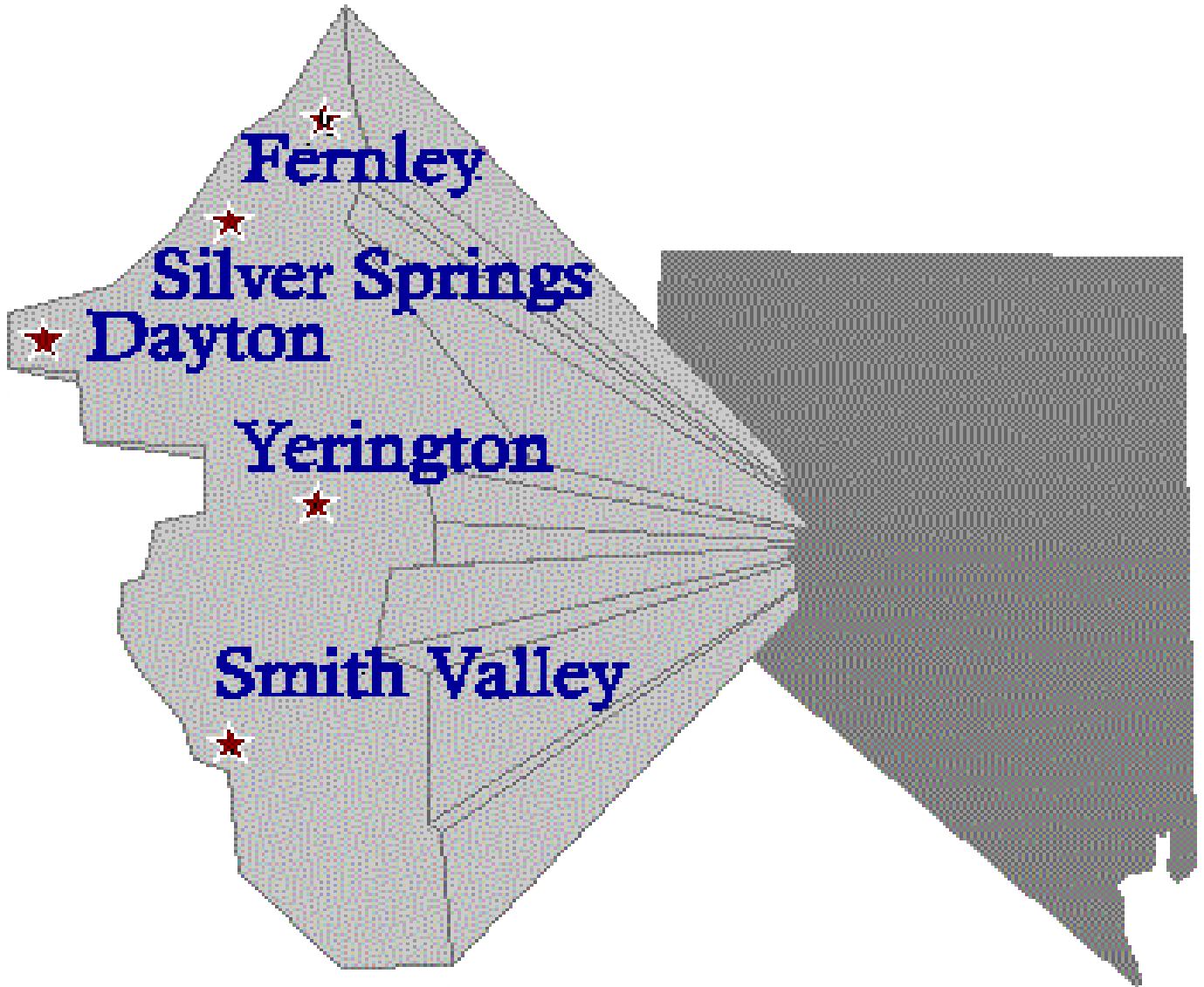


Lyon County School District

School Wellness Policy



Adopted 6/13/06

LYON COUNTY SCHOOL DISTRICT WELLNESS POLICY

HEALTHY SCHOOL ENVIRONMENT POLICY

A healthy school environment is important for student academic success, long-term health and well-being, and it reinforces the district's curriculum. The following policy applies to all foods and beverages served, sold, or given to students during instructional hour and it sets modest standards for meal time 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 Lyon County School District shall enforce the following minimum standards:

- A. WELLNESS COORDINATOR:** Each school shall designate a person (or persons) at each school site that is responsible for getting 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 implementations of this policy to the State Department of Education (see section H for details)
- B. FOOD SPECIFICATIONS:** All foods and beverages served, sold or give to students on the 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. The following nutrition guidelines apply to all foods and beverages provided by ala carte, school stores, vending machines, fundraisers during school hours, incentives and rewards. The standards do no apply to the foods and beverages served the staff areas nor at events an occasion that occur outside of the instruction hours.
 - 1. FAT:** Emphasis is on choices low in unhealthy fats as well as moderate in total fat.
 - A. Saturated fats plus Trans fats shall be limited to 10% or less of the total calories in the food.
 - B. Total fats shall be limited to 30% or less of the total calories in the food product. Nuts, seeds, 100% fluid milk products containing 1% or less fat, and cheese or yogurt made from reduce-fat, low fat, or fat-free milk are exempt from this standard.
 - 2. SODIUM:** Sodium shall be limited to no more than 600 mg of sodium per serving.
 - 3. SUGAR:** Added sugar shall be limited to no more that 35% sugar by weight per serving. This percentage does no include sugars from fruits and vegetables when used as additives.
 - 4. TOTAL CALORIES:** Total calories are controlled through defined portions (#7).

Effective 7-1-06

- 5. CAFFEINE:** Foods and beverages containing caffeine, excluding 1% or fat-free chocolate milk, are prohibited.
- 6. 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.
- 7. SERVING SIZED:** Serving will no 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), cracker, 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), cracker, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels - 1.5 ounces.	
Cookies/cereal bars (plain) - 2 ounces		Cookies/cereal bars (plain) - 2 ounces	
Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) - 2.2 ounces Bakery items(e.g. pastries, muffins) - 3 oz		Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) 2.2 ounces Bakery items(e.g. pastries, muffins) - 3 oz	
Frozen desserts - 4 ounces		Frozen desserts - 4 ounces	
Water - No Limit		Water - No Limit	
		Electrolyte replacement beverages - 12 ounces	
Fruit drinks and frozen shushes (must contain a minimum of 100% fruit juice) - 8 ounces with a maximum of 150 calories.		Fruit drinks and frozen shushes (must contain a minimum of 100% fruit juice) - 8 ounces with a maximum of 150 calories.	

8. 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 the four categories:

- **Soda Water** – any carbonated beverage.
- **Soft drinks**, sports 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 “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** – any flavored products from natural or synthetic gum and other ingredient 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 types: chocolate, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

9. **EXEMPT ACTIVITIES** – The following is a list of activities that would be exempt for foods that exceed the established nutrition parameters as follows:

- In observance of state or national holidays;
- For established religious observances such as Christmas, Hanukkah, 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 business enterprise or fundraising activity.

C. **REIMBURSABLE MEAL** provided to the students under the National School Lunch & Breakfast Program is exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.

D. **MEAL LENGTH:** Beginning with the school year 2006-2007, each school shall:

1. Designate at least 15 minutes for students to consume the **breakfast** meal;
2. Designate at least 20 minutes for students to consume the **lunch** meal.

E. **DAILY PHYSICAL ACTIVITY AND RECESS:** Beginning with the school year 2006-2007, each school shall:

1. Serve lunch in the elementary schools **after** the mid-day recess period.
2. Designate at least 30 minutes of time daily, for **physical activity**.

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

G. 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.

H. OVERSIGHT:

1. 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.
2. The district shall maintain an advisory group composed of representatives from the school community, who would provide guidance in the developments of the local education agency's wellness policy. Potential sources for member recruitment would be from the school's parents, students, the school food authority, the school board, school administrators, and schools nurses, but are not limited to these groups.
3. A plan for measuring implementation of the school's wellness policy at both the school level which , at a minimum, shall include:
 - The number of student 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 recesses 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 o 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 wellness coordinator.

I. MONITORING – The Nevada Department of Education shall provide a website to collect data and evaluate outcomes from policy implementation.