

**TITLE:** 7620 - 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, Assistant Superintendent for Student Services & Site Designees

**OUTLINE OF PROCEDURE:**

Effective July 1, 2006, NCS D shall offer nutrition education and encourage healthy eating habits and adequate physical activity as outlined in this regulation.

1. NCS D will follow health education curriculum standards and guidelines as stated by the Nevada Department of Education. Schools will link nutrition education activities with the coordinated school health program. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
2. Physical Activity is an important part of the overall well being of students. Students need to learn how to gain and maintain physical health, including nutrition and physical fitness. The physical education and health programs of the District should provide information and opportunities to learn and practice activities that promote physical fitness. Physical education programs at the secondary level shall promote physical activities that will emphasize fitness and especially those activities that can become a part of lifelong patterns of physical fitness. Students shall be given opportunities for physical activity during the school day through physical education classes, passing periods at secondary schools, interscholastic athletics, recess and co-curricular programs where available.
3. Nutrition guidelines shall be made available to students for all foods, whether given away, earned or sold on the school campus during the school day, including 30 minutes before the school day begins and 30 minutes after school is dismissed. Federal guidelines will be followed including a la carte sold by the food service department, vending machines, student stores, fundraisers and any other event during the school day as defined above.
  - Saturated fats shall be limited to 10% of the total calories in the food product.
  - Total fats shall be limited to 30% of the total calories in the food product. Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced-fat, low-fat or fat-free milk are exempt from this standard.
  - Sodium shall be limited to no more than 600 mg. of sodium per serving.

- Sugars shall be limited to no more than 35% sugar by weight per serving. This percentage does not include sugars from fruits and vegetables when used as additives.

The above guideline includes a la carte sold by the food service department, vending machines, student stores, fundraisers and any other event during the school day as defined above.

4. Servings will not exceed the following portion sizes:

Elementary Grades		Middle/Junior/High School Grades	
Chips (regular) - 1 ounce			Chips (regular) - 1.25 ounces
Chips (baked or no more than 5 grams of fat per ounce), crackers, 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), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels - 1.5 ounces
Cookies/cereal bars (plain) - 2 ounces			Cookies/cereal bars – 2 ounces
Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces			Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces
Bakery items (e.g., pastries, muffins) - 3 ounces			Bakery items (e.g., pastries, muffins) - 3 ounces
Frozen desserts - 4 ounces			Frozen desserts - 4 ounces
Water – No Limit			Water – No Limit
			Electrolyte replacement beverages – 12 ounces
Fruit drinks and frozen slushes (must contain a minimum of 50% fruit juice) - 16 ounces			Fruit drinks and frozen slushes (must contain a minimum of 50% fruit juice) - 16 ounces

5. 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 the 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 an 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.
- 6 Reimbursable meals provided to students under the National School Lunch Program are exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.
7. Exemptions for foods that exceed the established nutrition parameters are as follows:
  - Observance of the following holidays or religious observances: Halloween, Christmas, Hanukkah, Kwanza, Valentine’s Day, St. Patrick’s Day or end of school year parties
  - Birthday parties
  - As a part of a learning experience related to the reinforcement of established lesson plans in the classroom. An example would be a Hershey bar or M&Ms used to teach fractions or food used to celebrate other cultures. This exemption, however, does not allow for an exemption toward the sale of foods as part of a business enterprise or fundraising activity.

Staff will be exempt in areas of the school building in which students are not present.

#### 8. Fundraising

Foods and beverages sold between 1/2 hour before school starts until 1/2 hour after school ends must adhere to nutrition standards outlined in this policy.

#### 9. Vending Machines

Foods and beverages sold in student accessed vending machines must adhere to nutrition standards outlined in this policy and can operate at any time during the school day. This does not include vending machines dedicated to staff use only.

#### 10. School Stores

Foods and beverages sold during school hours (1/2 hour before school starts until 1/2 hour after school ends) must adhere to nutrition standards outlined in this policy and can be sold at any time during the school day.

11. A la carte

Foods and beverages sold to students must adhere to nutrition standards outlined herein.

12. The NCSd shall:

- Designate at least 15 minutes for students to consume the breakfast meal;
- Designate at least 20 minutes for students to consume the lunch meal;
- Designate at least 30 minutes of time daily, for physical activity.

13. The NCSd shall serve lunch in the elementary schools after the mid-day recess period.

14. Student incentives and rewards:

Teachers are encouraged to use non-food items. If food is used, it must meet the guidelines stated in this policy

15. Revenue accounting

Proceeds from sale of food and beverages on school grounds must directly benefit school academics, activities or the NCSd Food Service Department. Financial accounting for sale of food and beverages on school grounds must adhere to NCSd accounting practices and procedures.

16. The implementation of the NCSd Wellness Policy shall be measured twice per year. The “Wellness Policy Implementation Record” is the designated instrument by which necessary information will be gathered for analysis by the Food Service Coordinator. The “Wellness Policy Implementation Record” is found in Appendix A to this regulation.

17. Persons responsible for the oversight of the wellness policy:

Food Service Coordinator  
Assistant Superintendent for District Services  
Oversight officer at each site designated by the principal of each site

References: Child Nutrition & WIC Reauthorization Act of 2004

Revisions:

Effective Date: May 26, 2006

NEPN/NSBA

Classification: JLC: