INNOVATIONS
INTERNATIONAL CHARTER SCHOOL

School Wellness Policy

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.

Advisory Group

Innovations International Charter School of Nevada will have a Wellness Advisory Group made up of diverse stakeholders to assess the schools needs and develop a policy that meets the operational realities of the school and work toward improved health and wellness outcomes for schoolchildren.

The Wellness Advisory Panel will include:

a. One parent representative from each campus.
b. One student from each campus.
c. One staff member from each campus.

The Wellness Advisory Panel will meet twice a year to review the School's Goals, Menu, and discuss other issues.

Wellness Policy Coordinator

Mackenzi Creel
Wellness Policy Coordinator
mackenzi_creel@iicsn.org

Ms. Creel will be responsible for reporting the status of Policy implementation annually. Innovations International Charter School of Nevada 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.

Recordkeeping

Mackenzi Creel
Wellness Policy Coordinator
mackenzi_creel@iicsn.org

Innovations 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 which includes: The Wellness Policy can be found on each campuses website, under Lunch tab. Under the Wellness Policy tab, there will be a link to the Wellness Policy.

School Wellness Policy Goals

1. The goal is to promote nutrition education with the objective of improving students' health and reducing childhood obesity.
    a. Nutrition education is integrated into the school curriculum through science and physical education.
    b. Nutrition education involves sharing information with families and the broader community.
    c. Promoting healthy eating by encouraging students to consume healthy fruits and vegetables.

Action Steps

Menu review with parents and teachers through meetings regarding calorie intake and healthy eating. Nutrition education information is distributed at parent nights. At times, the school will incentivize students with non-food items such as stickers or other small items when they are "caught" eating fresh fruits or vegetables.

2. To promote physical activity with the objective of improving students' health, academic achievement, and reducing childhood obesity.

Action Steps

Daily physical activity is provided through recess (30 min), physical education, brain breaks.

3. To promote health, wellness, and safety of students and staff.

    a. The school values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.
    b. The school will provide each full-time staff member with an EOS membership to promote exercise and a healthy lifestyle.
    c. The Pinecrest Foundation will help educate and promote campus safety.

Action Steps

Wellness Policy goals are considered during planning of all school and department- based activities (such as school events, field trips, dances, assemblies, and workshops).

Incentives & Rewards

Innovations will not use food as an incentive or reward. For special circumstances, with School Administrator approval, food awards or incentives may be used as long as they are in alignment with the Smart Snacks Nutrition Standards and are on the special occasion day that is limited to once per month as directed by the Nevada Department of Agriculture.

Fundraising

All items sold to students on the school campus during the school day will meet the Smart Snacks Nutrition Standards and will not be sold during lunch periods to compete with the school meal program. There are no exemptions.

Special Occasions

For the following special occasions and/or holidays foods may exceed the established nutrition standards:

State or National Holidays:

- Valentine's Day
- Nevada Day / Halloween
- Day Prior to Spring Break
- Day Prior to Winter Break

School Community Observations:

Lesson Plans - Must be approved by the administration.

School Incentive Programs – Not to exceed twice per month

Birthday Parties and Other Celebrations - Once per month.

Birthday / Celebration days will be added to the campus specific monthly calendar on their website at the beginning of each school year.

Fundraising for various school related activities, sporting events and field trips, using outside vendors (all nutritional facts are available for review). ALL fundraisers on school campus during the school day will meet the Smart Snacks Nutrition Standards. If fundraisers sell items that do not meet Smart Snacks, it will occur at least 30 minutes after the end of the school day or on a weekend. Fundraisers that are intended to be consumed at home (cookie dough, popcorn, etc.) will not be affected since they are not consumed at school.

In order to minimize risks of food-born illness and to avoid known food allergens, food must be commercially prepared.

Revenue

The school will maintain a separate bank account for the National School Lunch Program ("NSLP"). All activity on this account may only be used for the purpose of NSLP. All transactions related to the NSLP must be entered into the tracking/POS system. All cash collected along with receipts at the end of each day is required to be turned over to the Office Manager. The Office manager along with one other school employee (not the person who collected the money or the person who will be depositing the money) will reconcile the receipts with the cash collected to verify that the amounts match. The Office Manager will then endorse all checks FOR DEPOSIT ONLY and prepare the deposit slip. A school employee who neither collected money or reconciled the money will then take the deposit to the bank. Deposits must be made either once a week or whenever $250 or more in cash has been received.

By the 10th day of each month, the previous month's accounts must be reconciled and letters sent out for those who have a balance. All reimbursements to be submitted to the Department of Agriculture must done by the 15th of month following month.

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.

Innovations International Charter School of Nevada shall:

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

Physical Activity

Pinecrest Academy 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.

Recess Before Lunch

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

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).

Innovations will work to 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 replaced.

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- ≤200 mg
Entrée- ≤480 mg per item as served

AND

Sugar:
Total Sugar- <35% by weight

AND

Fat:
Total Fat- ≤35% of calories Saturated Fat- <10% of calories Trans Fat– 0 g per serving

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.

Beverages

Allowable beverages vary by grade level and address container size. 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.

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
Zero calories, carbonated beverages ***	≤ 8 fl oz	≤ 12 fl oz	≤ 20 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
***Unallowable beverages include soda, pop, soft drinks, juice cocktail or other juice flavored drinks, and any beverage that exceeds size or calorie limits

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

Caffeine

All foods and beverages in elementary school and middle school must be 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.

Chewing Gum

Chewing gum is not allowed on any Innovations' campus for sale or use.

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.