

Board of Trustees Douglas County School District

PROGRAM

WELLNESS

The Board of Trustees is committed to promoting healthy schools by supporting wellness, good nutrition, and regular physical activity as integral parts of the total learning environment. The District will foster a healthy school environment in which students learn and practice positive dietary and lifestyle practices that support lifelong health.

By supporting and promoting good nutrition, physical activity, and other wellness practices, schools contribute to the basic health status of students and help maximize their readiness and ability to learn. Good health supports student academic performance and helps all students reach their highest potential as productive, responsible citizens.

The District will provide students with access to nutritious foods and beverages, opportunities for regular physical activity, and health education that are consistent with current research, federal and state requirements, and board-adopted standards. The District will strive to ensure that all students, including those from low-income families and students with disabilities, have equitable access to wellness supports and opportunities.

The Superintendent or designee shall develop and maintain administrative regulations that establish a comprehensive school wellness program, including curriculum, nutritional guidelines for all foods available on District campuses during the school day, physical activity, and school-based activities. These regulations shall be periodically reviewed and revised to reflect changes in law, regulation, and best practice, and to incorporate input from students, parents/guardians, staff, and community members as appropriate.

The Superintendent or designee shall ensure that the District's wellness program is periodically evaluated and that the Board receives reports on implementation and outcomes as required by federal and state law and as requested by the Board.

[See Administrative Regulation 230 – Wellness](#)

Board Policies: 806BP Food Services
807BP Free and Reduced Rate Meals
808BP Competitive Food Sales
808AR Competitive Food Sales

Reference:
Child Nutrition and WIC Reauthorization Act of 2004
Federal Public Law PL 108.265-265
Nevada State Board of Education – State School Wide Wellness Policy

Adopted: 4/11/06
Reviewed: 12/13/16
Revised: 7/16/2026