Administrative Regulation 5600
STUDENT WELLNESS

Responsible Office: Office of Operations, Department of Nutrition Services

PURPOSE

This administrative regulation shall establish the procedures and protocols related to student wellness and nutrition in the Washoe County School District ("District"), ensuring compliance with state and federal laws and regulations.

REGULATION

1. General Provisions
    a. For the purposes of this administrative regulation, the term school day shall refer to the time from midnight until 30 minutes after the end of the official school day.
2. Student Wellness Goals
    a. Annually, the District Student Wellness Coordinator in collaboration with the Committee will select, measure, and report progress for one goal from each of the following categories:
        i. Nutrition promotion and education;
        ii. Physical activity; and
        iii. Other school-based activities that promote student wellness
3. Incentives & Rewards
    a. The District strongly encourages schools and teachers to utilize other forms of incentives or rewards that are not food-based. If food is used as an incentive or reward, it is required that the food awards be in alignment with the Smart Snacks Nutrition Standards. See appendix for Smart Snack Approved Products list.
4. Fundraising
    a. All items sold to students on the school campus during the school day must meet the federal Smart Snacks Nutrition Standards. There are no exemptions.

5. Special Occasions

    a. The District allows for exceptions to the wellness policy for special occasions or holidays, not to exceed twice per month. The following may be considered "special occasions":

        i. Observances of state or national holidays including, but not limited to, Christmas, Hanukah, and Kwanzaa;

        ii. School community observances, such as birthday parties; and

        iii. As part of a learning experience related to the reinforcement of established lesson plans in the classroom.

    b. It is recommended that food be commercially prepared to minimize risks of food borne illnesses and to avoid known food allergens.

    c. The sale of foods as part of a business enterprise or fundraising activity during the school day is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.

    d. See appendix for a list of Non-Food Ideas for Celebrations and Information and Considerations for Food Safety and Allergens.

6. Meal Consumption

    a. It is the intent of the District 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.

    b. Each District school shall:

        i. Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast); and

        ii. Provide at least 20 minutes for each student to consume the lunch meal.

7. Physical Activity

    a. Schools shall provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day.

    b. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

    c. Passing periods do not qualify as physical activity time.

d. At the discretion of the principal, a student may be removed from the general student population during recess. An alternative physical activity will be substituted when possible.

8. Recess before Lunch

   a. The District recommends that schools implement recess before lunch, but the decision is left to the discretion of each school. See appendix for Recess before Lunch Rationale.

9. Smart Snacks Nutrition Standards

   a. 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).

   b. To be allowable, a food item must meet **all** of the competitive food standards as follows:

      i. Calories:

         - Snack/Side Item- ≤200 calories per item as served (includes any accompaniments)
         - Entrée- ≤350 calories per item as served (includes any accompaniments)

      ii. 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

      iii. Fat:

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

      iv. Sugar:

         - Total Sugar- <35% by weight

10. Specific Nutrient Standards for Food

    a. In addition to the Smart Snacks Nutrition Standards, food items **must meet one** of the following criteria:

        i. 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

        ii. 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

        iii. Be a combination food that contains at least 1/4 cup fruit and/or vegetable; or

        iv. Contain 10% Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber (Effective through June 30, 2016).

    b. If water is the first ingredient, the second ingredient must meet one of the above criteria.

11. Beverages

    a. 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.

    b. Beverages for all:

        i. Water – Plain, no size limit

        ii. Milk – Unflavored non-fat, unflavored low-fat, or flavored non-fat milk

            1. ≤8 fl. oz. per serving for elementary school

            2. ≤12 fl. oz. per serving for middle school and high school.

        iii. Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners)

            1. ≤8 fl. oz. per serving for elementary school

            2. ≤12 fl. oz. per serving for middle school and high school allowable.

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
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

c. Other Allowable Beverages – High School Only

i. Non-Carbonated Calorie-free beverages (≤20 fl. oz./serving); *Examples: Vitamin Water Zero, Propel Fit Water, Powerade Zero*

ii. 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*

iii. 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*

12. Caffeine

a. All foods and beverages in elementary school and middle school must be non-carbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g. chocolate milk).

b. The District does permit caffeine at the high school level when provided by the Food and Nutrition and Culinary programs.

13. Chewing Gum

a. Chewing gum and any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing are prohibited in District schools.

14. Marketing

a. 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).

b. The District must identify and eliminate all marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards such as leases, agreements, or contracts as they are renewed or items are replaced.

15. Revenue

a. The District will maintain processes to track revenue from the sale of food on the school campus during the school day by one or both of the following methods:

i. Federal Standard: All revenue from the sale of non-program foods purchased with funds from the non-profit school food service account shall accrue to the non-profit school food service account of the participating school food authority.

ii. Nevada Revised Statutes (NRS): The District shall comply with state guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established school district rules of practice.

16. Advisory Group

a. The District shall establish and maintain a Student Wellness Advisory Committee. The bylaws and rules of procedure for the operation of the advisory committee are described in Administrative Procedure 1231.

17. Student Wellness Coordinator

a. The Student Wellness Coordinator will serve in an administrative capacity with the Committee and is responsible for oversight of the Student Wellness administrative regulation. The District will inform the Nevada Department of Agriculture (NDA) by September 30th of each school year the name and contact information for the Student Wellness Coordinator and if there is a change in leadership during the school year the District will notify NDA within 60 days.

18. Recordkeeping

a. The District will retain basic records demonstrating compliance with Nevada's Local School Wellness Policy, including the following documentation:

i. Compliance with the requirements of advisory group representation;

ii. Triennial assessment of the Student Wellness Administrative Regulation;

iii. Annual progress reports for each school under the jurisdiction;

iv. Compliance with public notification which includes:

1. The website address for the Student Wellness Administrative Regulation and/or how the public can receive/access a copy of the Regulation;

2. A description of each school's progress in meeting the local school wellness goals;

3. A summary of each school's events or activities related to Student Wellness Administrative Regulation implementation;

4. The name, position(s)/title, and contact information of the designated Student Wellness Coordinator at the district and/or school level; and

5. Information on how individuals and the public can get involved with the Student Wellness Advisory Committee.

19. Exceptions

a. Any exception to this regulation which is granted to a student shall comply with state and federal laws and regulations, such as the Individuals with Disabilities in Education Act (IDEA) and Section 504 of the Rehabilitation Act.

DEFINITIONS

1. Carbonated Beverage - A class of beverages that bubble, fizz, or are effervescent. These include beverages that are aerated or infused.

2. Combination Food - products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

3. Competitive Food - all food and beverages other than meals reimbursed available for sale to students on the School Campus during the School Day.

4. Fundraisers - the sale of items for monetary gain intended for consumption during the school day.

5. 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.

6. 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.

7. 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.

8. Non-program food - food sold in school during the school day at any time or location on the school campus other than reimbursable meals.

9. Physical Activity - bodily movement produced by the contraction of skeletal muscle that increases a person's energy expenditure above a basal level.

10. School Campus - all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

11. School Day - the period from the midnight before, to 30 minutes after the end of the official school day.

12. 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.

13. 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 during the school day.

DESIRED OUTCOMES

1. Through the adoption of this administrative regulation, the District shall ensure compliance with Board Policy 5600, Student Wellness, and state and federal laws and regulations related to student health and nutrition.

IMPLEMENTATION GUIDELINES & ASSOCIATED DOCUMENTS

1. This administrative regulation reflects the goals of the District's Strategic Plan.

2. This administrative regulation aligns with the governing documents of the District, to include:

    a. Board Policy 5600, Student Wellness

3. This administrative regulation complies with Nevada Revised Statutes (NRS) and Nevada Administrative Code (NAC), and the requirements set forth by the Nevada Department of Agriculture in "Nevada's School Wellness Policy."

4. This administrative regulation complies with federal laws and regulations, to include:

    a. Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, and Section 9A of the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), Local School Wellness Policy Implementation.

REVIEW AND REPORTING

1. This administrative regulation shall be reviewed as part of the bi-annual review and reporting process, following each regular session of the Nevada Legislature. The Board of Trustees shall receive notification of any required changes to the guiding policy as well as an audit of the accompanying governing documents.

2. Additional administrative regulations and/or other associated documents may be developed as necessary to implement and support this administrative regulation.

REVISION HISTORY

Date	Revision	Modification
4/18/2016	1.0	Adopted