

STUDENT WELLNESS

The Clark County School District (District) is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active.

This Student Wellness Regulation complies with the Nevada Department of Agriculture (NDA) guidelines as stated in the Nevada School Wellness Policy and with the federal statute: Healthy, Hunger-Free Kids Act of 2010.

I. Advisory Group/School Wellness Committee

- A. In compliance with the Federal and State wellness policies, the District will utilize a diverse team of committed school and community stakeholders to assess the District's needs, continuously monitor and make recommendations that meet the operational realities of the District, and work toward improved health and wellness outcomes for all students.
- B. This group will meet a minimum of twice annually to update implementation procedures when needs change, goals are met, new information emerges, and the annual review is completed.
- C. School Wellness Coordinator
 - 1. Every principal will designate a school wellness coordinator at their school who will provide an annual status of the school's implementation of this regulation to the Curriculum and Instruction Division wellness coordinator.
 - 2. The principal will work with the school wellness coordinator to ensure the District wellness goals are met.

II. Wellness Policy Coordinator

The Superintendent of Schools, or designee, will have the authority and responsibility to ensure that each school complies with this regulation.

A. Food Service Department Wellness Coordinator

Facilitates the development and implementation of this regulation related to nutrition and food services.

B. Curriculum and Instruction Division Wellness Coordinator

1. Facilitates the development and implementation of this regulation related to recess, education, and physical activity.
2. Will be responsible for reporting the status of this regulation's annual implementation to NDA.
3. Before September 30, of each school year, will inform NDA of the names, positions, and contact information for the person(s) responsible at each school for the oversight of this regulation.
4. If the designated Food Service Department wellness coordinator and/or Curriculum and Instruction Division wellness coordinator change, the District will notify NDA within 60 days.

III. Recordkeeping

- A. The District will retain records demonstrating compliance with this regulation that include the following documentation:
 1. Compliance with advisory group representation.
 2. Triennial review of this regulation.
 3. Annual progress reports for each school.
 4. Documentation of foods sold at each school and proof of compliance with nutrient and beverage standards as specified in Sections XIII and XIV of this regulation.
 5. Compliance with public notification.
 6. The website address for this regulation.
 7. A description of each school's progress in meeting the District's wellness goals.
 8. A summary of each school's events and activities related to the implementation of this regulation.
 9. The name and contact information of the designated Food Service Department wellness coordinator and Curriculum and Instruction Division wellness coordinator.

10. Name and contact information for the school wellness coordinator at each school.

11. Information on how individuals and the public can get involved with the advisory group.

IV. School Wellness Policy Goals

A. The advisory group will develop one annual District goal from each of the following categories: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

B. Goals will be measured and progress reported to NDA.

V. Incentives and Rewards

Schools and teachers are strongly encouraged to utilize forms of incentives or rewards that are not food based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified in Sections XIII and XIV of this regulation. Any food or beverage available during the school day shall not be withheld as a punishment for any reason.

VI. Fundraising

A. During the school day, all items sold to students on the school campus (all areas of the property under the jurisdiction of the school that are accessible to students) must meet the nutrient and beverage standards as specified in Sections XIII and XIV; there are no exceptions for non-curriculum-based activities.

B. Fundraiser exemptions may be allowed if it is part of a curriculum-based activity. These exemptions must be submitted at the discretion of the principal for prior approval by the Superintendent of Schools or designee.

VII. Special Occasions

A. All foods for special occasions must be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens. The District allows for exceptions to the wellness policy for schoolwide special occasions or holidays, not to exceed twice per month. The following may be considered "special occasions":

1. Observances of national or state holidays.

2. School community observances.
 3. As part of a learning experience or learning incentive.
- B. The sale of food as a part of a business enterprise or fundraising activity is not allowed unless the food item(s) meet the nutrient and beverage standards as specified in Sections XIII and XIV of this regulation.

VIII. Revenue

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the District Food Service Department. Revenue funds must be accounted for and maintained in accordance with District Regulations 3210, District Funds and Fund Control, and 3231, Management of Student Activity and Staff Funds, and the School Banking Manual.

IX. Meal Consumption

- A. Students will be allowed adequate time to eat their meals.
- B. Time spent acquiring the meal will not be included in the time allotted to consume the meal.
- C. Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers a breakfast opportunity).
- D. Provide at least 20 minutes for each student to consume the lunch meal.

X. Physical Activity

- A. All schools will provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day.
- B. Passing periods do not qualify as physical activity time.
- C. Teachers, school personnel, and community personnel will not use physical activity, or withhold opportunities for physical activity (e.g., recess, physical education), as punishment.
- D. It is recommended that students be given physical activity opportunities for periods of 10 minutes at a minimum

XI. Recess

Recess before lunch is recommended but will be left to the discretion of the principal upon approval by the Superintendent of Schools or designee.

XII. Marketing

Only marketing consistent with the nutrient and beverage standards will be allowed on the school campus. This includes advertising and other promotions on the school campus during the school day (oral, written, or visual). Marketing and advertising on school property that does not currently meet the nutrient and beverage standards will be eliminated as leases, agreements, or contracts are renewed and/or items replaced.

XIII. Specific Nutrient Standards for Food and Smart Snacks

- A. Nutrient and beverage standards will apply to all foods and beverages sold or given away to students during the period from midnight before to 30 minutes after the end of the school day. Only approved snacks and beverages may be offered. The food must be commercially prepared and meet all nutrient and beverage standards with the exception of food grown in school gardens.
- B. These standards govern the nutrient value, calories, and portion sizes of foods and beverages sold in all school venues including, but not limited to, student stores, vending machines, and cafeteria a-la-carte lines. This regulation also applies to fundraising and all activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property during the school day.
- C. Lists of approved foods and beverages will be updated monthly by the registered dietitian in the District Food Service Department. The approved lists will be posted on the District Food Service Department's website.
- D. To be allowable, a snack or entrée must meet the general nutrition standards and meet at least one of the following criteria:
 - 1. Be a grain product that contains greater than (>) 50 percent whole grains by weight or have whole grains listed as the first ingredient on the food label; or
 - 2. The first ingredient on the food label is one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods; or
 - 3. A combination food that contains at least one-quarter ($\frac{1}{4}$) cup fruit and/or vegetable.

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

- E. In addition to the above standards, the food must meet the nutrient standards for calories, sodium, fat, and total sugars:

Nutrient	Entree	Snack
Calories*	350 calories or less	200 calories or less
Sodium	480 mg or less	200 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 grams	0 grams
Total Sugars	35% by weight or less	35% by weight or less

*Calories are per item served and include any accompaniments (condiments, toppings, etc.).

XIV. Beverages

- A. Allowable beverages vary by grade level and container size. There are no restrictions on the sale of any allowable beverages at any grade level during the school day anywhere on the school campus.

Beverage	Elementary School	Middle School	High School
Plain water	No Size Limit	No Size Limit	No Size Limit
Flavored water (0 calories, no sweeteners)	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 20 fl. oz.
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.
Low/No calorie beverages <5 calories/8 oz.; <10 calories/20 oz.	N/A	N/A	≤ 20 fl. oz.
Lower calorie beverages ≤40 calories/8 oz.; ≤60 calories/12 oz.	N/A	N/A	≤ 12 fl. oz.

*Includes nutritionally equivalent milk alternatives, as permitted by the National School Lunch Program/School Breakfast Program.

**May include 100% juice diluted with plain water and with no added sweeteners. It is recommended that juice is offered in smaller portion sizes of 4–6 fl. oz. servings for elementary school and 8 fl. oz. servings for middle and high school.

- B. All other beverages are unallowable, including soda, pop, soft drinks, juice cocktail or other juice flavored drinks, and any beverage that exceeds size or calorie limits.

XV. Caffeine

All foods and beverages in elementary school and middle school must be caffeine-free, except for 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 principal upon approval by the Superintendent of Schools or designee.

XVI. Chewing Gum

Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the principal upon approval by the Superintendent of Schools or designee.

Review Responsibility:	Academic Unit
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Reference:	Nevada School Wellness Policy