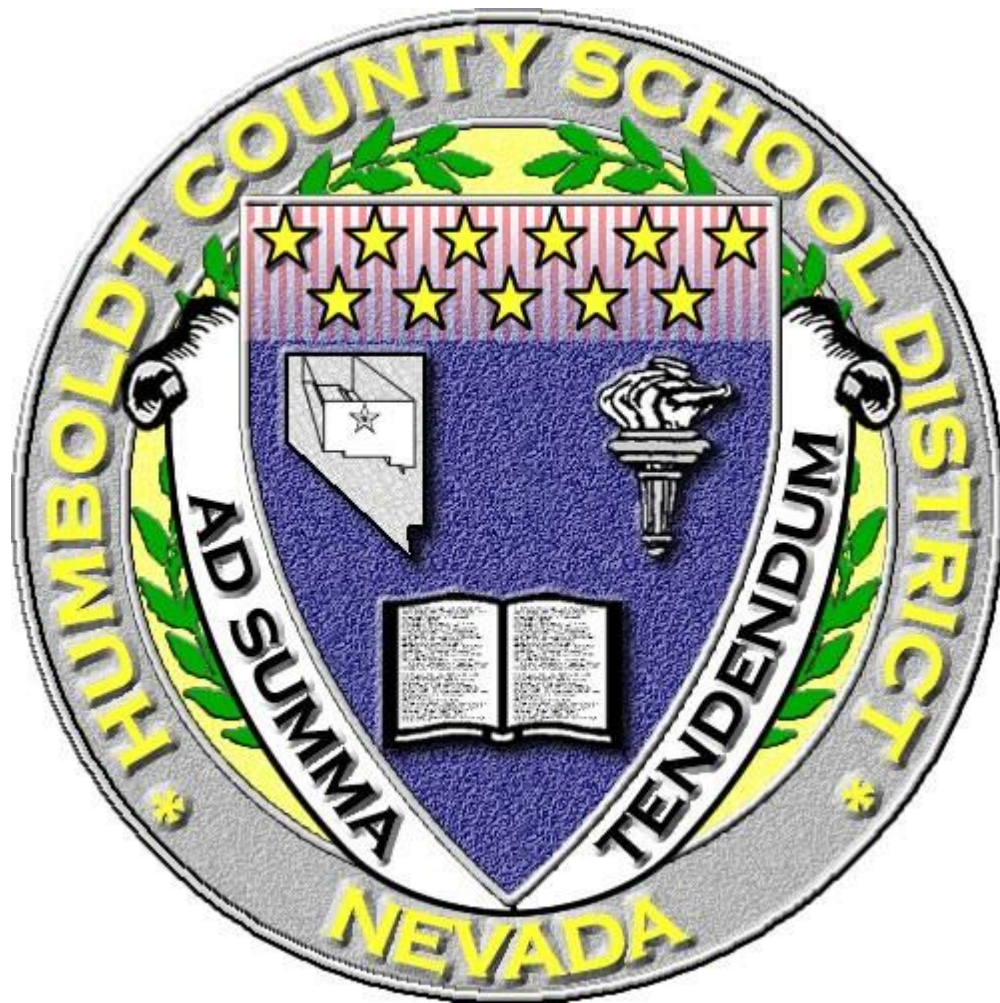


HUMBOLDT COUNTY SCHOOL DISTRICT SCHOOL WELLNESS POLICY



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Introduction

The Humboldt County School District's Wellness Policy is based on and developed using the United States Department of Agriculture's Smart Snacks Nutrition Standards for all Foods Sold in Schools, Interim Final Rule and the Local School Wellness Policy Implementation, Proposed Rule as required by the Healthy, Hunger-Free Kids Act of 2010. These federal standards are subject to change. As changes are made, HCSD's School Wellness Policy will be updated to comply with the federal minimum requirements.

Humboldt County School District Wellness Policy Advisory Group:

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The Advisory Group will meet at least twice a year.

Smart Snacks Nutrition Standards for all Foods Sold in Schools

The Healthy Hunger-Free Kids Act of 2010 directed the United States Department of Agriculture 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, and 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 mandated 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.

Local School Wellness Policy Implementation

Humboldt County School District follows the implementation requirements that an advisory group be formed to address the development, implementation and review of the local school wellness policy. The policy must include a plan to include representatives from the following suggested categories: parents, students, school food authority, PE teachers, school health professionals, school board, school administrators, and the general public (which may include a local dietitian, medical professional, business owner, parks and recreation representative, community leader, farmer, etc.). The policy requires the school district to inform and update the public (including parents, students, and others in the community) via public notice and multi-media, about the content and implementation of the local school wellness policy annually. The school wellness policy must include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. School districts must designate one or more school district official(s) or school official(s), as appropriate, to ensure that each school complies with the local school wellness policy. The school district must 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.

All school districts are required to develop a local school wellness policy based on the following topics:

Advisory Group, Wellness Policy Coordinator, Recordkeeping, School Wellness Policy Goals, Incentives and Rewards, Fundraising, Special Occasions, Revenue, Meal Consumption, Physical Activity, Recess before Lunch, Marketing, Smart Snacks Nutrition Standards, Specific Nutrient Standards for Foods, Beverages, Caffeine, Chewing Gum, Food Allergies.

The School Wellness Policy Taskforce acknowledges that this Policy does not encompass all aspects of the school environment that affect school wellness and encourages local school districts to include other areas in their policies as applicable.

Humboldt County School District's School Wellness Policy

1. Advisory Group

Requires Local Educational Agency (LEA) to allow the opportunity for a representative from each of the following groups to participate in the development, implementation and periodic review and update of the Local School Wellness Policy (LSWP): Parents, Students, Representatives of the School Food Authority, PE teachers, local Doctors, WIC Employee, registered dietitians, school health professionals, the school board, school administrators and the general public. This committee will meet twice annually (See page 3).

2. Wellness Policy Coordinator

Each school must designate a person to be responsible for setting goals for nutritional education, physical activity and other activities designated to promote student wellness. This person will also be responsible for submitting yearly data regarding the Wellness Policy to the Nevada Department of Agriculture. Once a wellness policy coordinator is identified, the LEA must make their name, position title and contact information available.

3. Recordkeeping

School districts must retain basic records demonstrating compliance with the LSWP and must include the following documentation: Compliance with the requirements of advisory group representation, annual LSWP progress reports for each school and demonstrate compliance with public notification.

4. School Wellness Policy Goals

LEAs must select and measure at least one goal from each of the following categories:
Nutritional Promotion and Education Goal:

1. Healthier eating habits by offering a variety of fresh fruit with breakfast and lunch programs, in order to lower obesity and other common childhood diseases.
2. Physical Activity by adding ten minutes of personal exercise before first class of the day as well as offer school examples: walk to school month, bike a thon competitions with bike safety or have PE outside during warm months for extra vitamin D.
3. Other school based activities-Support nutrition and health to provide a healthy school nutrition environment: Offer nutritional breaks for all schools especially before tests, finals or state proficiency exams.

LEAs must report to the State Agency annually their progress toward the goals. LEAs are also required to inform and update the public about which schools are in compliance with the policy, progress made in attaining the goals of the policy and any activities related to the policy that the school conducts with content and implementation of the LSWP.

5. Incentives & Rewards

Humboldt County School District has encouraged other forms of incentives or rewards that are not food-based. If allowed, it is required that the food awards be in alignment with the Smart Snacks Nutrition Standards.

6. Fundraising

All fundraising from school associated groups must comply with the Smart Snacks Nutrition Standards on any items sold on the school campus during the school day (See definition of school day), and there are no exemptions.

7. Special Occasions

Events/parties that celebrate the following holidays/celebrations will be exempt from the Humboldt County School District Nutrition Wellness Policy. Event/celebrations that occur over a one day period must designate one day for exemption of the HCSD Nutrition Wellness Policy.

(Events/parties must take place the day before, the day of or the day after the listed Holidays/celebrations).

- Valentine's Day
- St Patrick's Day
- Easter
- Cinco de Mayo
- 100th day
- Halloween/Nevada Day
- Christmas
- Thanksgiving
- Birthdays--Celebration 1st and 3rd Friday of the month

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

8. Revenue

The Humboldt County School District will follow the District Policies and Procedures as it relates to the sale of food on the school campus during the school day by one or both of the following methods:

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.

Nevada Revised Statute: Each school's wellness policy shall include: Guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established school district rules of practice. We would follow the Humboldt County School Districts Policies and Procedures as it relates to the sale of food as mentioned above. (See Attachment A)

9. Meal Consumption

Students participating in the Breakfast/Lunch Program (hot or cold lunch) are offered a minimum of 15 minutes for breakfast and 20 minutes for lunch. Dismissal from the lunch program may begin after 20 minutes from when the student sits down with their meal.

10. Physical Activity

1. P.E. (Physical Education Class) built into the school week for elementary students.
2. Recess

Elementary school days that are shortened due to weather, conferences or holidays will be exempt from the 30 minutes of exercise. All Humboldt County schools, particularly grades 7-12, must provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day. Passing periods do not qualify as physical activity time. Humboldt County schools shall work in good faith to ensure all students receive a minimum of 30 minutes of exercise within each regular school day.

11. Recess before Lunch

Nevada School Wellness Policy recommends recess before lunch in elementary schools.

12. 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).

13. Smart Snacks Nutrition Standards

All foods and beverages available for sale or given away to students on the school campus during the school day (The period from the midnight before, to 30 minutes after the end of the official 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- ≤230 mg per item as served until June 30, 2016

(≤200 mg after July 1, 2016)

Entrée- ≤480 mg per item as served

AND

Fat:

Total Fat- ≤35% of calories

Saturated Fat- <10% of calories

Trans Fat– 0 g per serving

AND

Sugar:

Total Sugar– <35% by weight

14. 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.

15. Beverages

Allowable beverages vary by grade level and address 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.

Beverages: Compliance requirements:

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. serving for elementary school and 8 fl. Oz. serving 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
100% Fruit/Vegetable juice**	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz

Other Allowable Beverages in High School Only:

Non-Carbonated calorie free beverages such as: Vitamin water, Propel Fit Water, Powerade Zero 20 fl. Oz servings.

Diet Fuze, Pure Leaf Iced Tea, (5 Calories for 8 fl. Oz. or 10 Calories for 20 fl. Oz.)

G2, Fuze Slenderized, Diet Snapple, Light Hawaiian Punch (40 calories per 8 fl oz /60 calories for 12 fl oz)

16. Caffeine

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) It is recommended that no caffeine be allowed, however, caffeine is permitted in those high schools that do not have elementary or middle school students in the same building and at the discretion of the Principal.

It is recommended that no caffeine be allowed, however, caffeine is permitted at the high school level at the discretion of the high school administrator.

17. Chewing Gum

Sugar free chewing gum is exempt from all competent food standards and may be sold to students at the discretion of the school.

18. Food Allergies

Guidelines shall be established for managing students with food allergies based on general recommended studies. These will include parent responsibilities, administrative and staff education training and procedures to ensure the safest eating environment. Local Education Agencies are required to inform and update the public about content and implementation of the Local School Wellness Policy, to the extent to which schools are in compliance with policy, progress made in attaining the goals of the policy and any activities related to the policy that the school conducts.

Humboldt County Schools will ensure that the appropriate health forms are signed by parents at the beginning of each school year (or upon enrollment during the school year) and any food allergies will be communicated to all necessary stakeholders within each school.

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 during the school day.

Attachment A

NRS 233B.050 Rules of practice; public inspection of regulations, orders, decisions and opinions; review of rules of practice and regulations; validity.

1. In addition to other regulation-making requirements imposed by law, each agency shall:

(a) Adopt rules of practice, setting forth the nature and requirements of all formal and informal procedures available, including a description of all forms and instructions used by the agency.

(b) Make available for public inspection all rules of practice and regulations adopted or used by the agency in the discharge of its functions and that part of the Nevada Administrative Code which contains its regulations.

(c) Make available for public inspection all final orders, decisions and opinions except those expressly made confidential or privileged by statute.

(d) Review its rules of practice at least once every 3 years and file with the Secretary of State a statement setting forth the date on which the most recent review of those rules was completed and describing any revisions made as a result of the review.

(e) Review its regulations at least once every 10 years to determine whether it should amend or repeal any of the regulations. Within 30 days after completion of the review, the agency shall submit a report to the Legislative Counsel for distribution to the next regular session of the Legislature. The report must include the date on which the agency completed its review of the regulations and describe any regulation that must be amended or repealed as a result of the review.

2. A regulation, rule, final order or decision of an agency is not valid or effective against any person or party, nor may it be invoked by the agency for any purpose, until it has been made available for public inspection as required in this section, except that this provision does not apply in favor of any person or party who has actual knowledge thereof.

(Added to NRS by 1965, 963; A [1977, 1386](#); [1979, 972](#); [1995, 129](#); [1997, 184](#); [1999, 2203](#))