



# Local School Wellness Policy

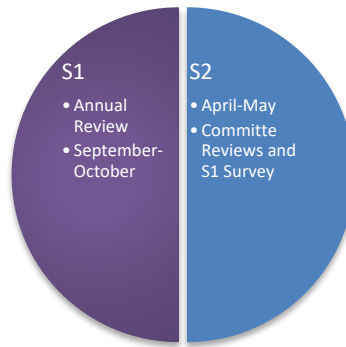
## 1. ADVISORY GROUP

TEACH Las Vegas Charter School (TLV) 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 works toward improved health and wellness outcomes for school children. The Wellness Advisory Group will include:

- Two parent representatives
- Two students
- Three staff members (one of which must be the School Nutrition Program Manager)
- One school administrator

The Wellness Advisory Group will meet twice a year to review the schools' goals, menus and to discuss other issues. Wellness Advisory Group meetings will be open to the community. In addition, Assessments will be repeated periodically to help review policy compliance, assess progress, and determine areas needing improvement.

As part of that review, TEACH Las Vegas will review our nutrition and physical activity policies, the provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. TEACH Las Vegas will, as necessary, suggest revisions to the wellness policies and develop work plans to facilitate their implementation.



## **2. WELLNESS POLICY COORDINATOR**

*Wellness Policy Coordinator: Andrea Moore, [amoore@teachlv.org](mailto:amoore@teachlv.org), (702) 483-7125*

The Wellness Policy Coordinator will be responsible for reporting the status of policy implementation annually. The TEACH Las Vegas Charter School 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 30<sup>th</sup> of each school year. If the designated wellness policy coordinator changes, TEACH Las Vegas Charter School must notify NDA within 60 days.

## **3. RECORDKEEPING**

TEACH Las Vegas Charter School will retain basic records demonstrating compliance with the Local School Wellness Policy (LSWP) and will 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 its jurisdiction, and demonstrate compliance with public notification that includes:

The Wellness Policy can be found on TLV's website under the Student & Parent Resources tab. Additionally, under the Wellness Policy tab, there will be a link to the Wellness Policy, a schedule of TLV's events or activities related to the Wellness Policy, and how individuals and the public can get involved with the advisory group.

## **4. TEACH LAS VEGAS CHARTER SCHOOL WELLNESS POLICY GOALS**

1. *Our 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.*

To accomplish this, TEACH LV will take the following Action Steps:

- Menu review with parents and teachers through meetings regarding calorie intake and healthy eating. Nutrition education information is distributed at parent nights.
  - To promote physical activity with the objective of improving students'

health, and academic achievement and reducing childhood obesity.

- Daily physical activity is provided through after school sports and physical education (minimum of 180 minutes a week)
  - To promote the health, wellness, and safety of students and staff.
    - 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.
- Wellness Promotion Policy goals are considered in planning all school and department-based activities (such as school events, field trips, dances, assemblies, and workshops).

## **5. INCENTIVES AND REWARDS**

TEACH Las Vegas Charter School will not use food as an incentive or reward. Food awards or incentives may be used for special circumstances and with school administrator approval as long as they align with the Smart Snacks Nutrition Standards.

## **6. FUNDRAISING**

All items sold to students on the school campus during the school day will meet the Smart Snacks Nutrition Standards – there are no exemptions. School day is defined as the period from midnight before, to 30 minutes after, the end of the official school day.

## **7. SPECIAL OCCASIONS POLICY**

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 Thanksgiving Break
  - Day prior to Spring Break
  - Day prior to Winter Break
- School Community Observations
  - Lesson Plans – Prior approval by administration required.
  - Birthday parties and other celebrations – Once per month or as otherwise determined by the school administration on a limited basis.

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

## **8. REVENUE**

### **Food Accounts**

TEACH Las Vegas Charter School will open and maintain a separate bank account for the

National School Lunch Program (NSLP). All deposits and payments out of this account may only be used for the purpose of NSLP.

All transactions related to the NSLP must be entered into the tracking/point of service (POS) system, MealTime. All cash collected, along with all daily receipts, are required to be turned over to the office manager on a daily basis. 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 nor reconciled the money will then take the deposit to the bank. Deposits must be made either once a week or whenever \$500.00 or more in cash has been received.

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

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.

## **9. 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.

TEACH Las Vegas Charter School shall:

- Breakfast: Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast);
- Lunch: Provide at least 20 minutes for each student to consume the lunch meal

## **10. PHYSICAL ACTIVITY**

TEACH Las Vegas Charter School will provide the opportunity for moderate to vigorous physical activity for at least 180 minutes each week. 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.

## **11. RECESS BEFORE LUNCH**

Recess before lunch is recommended, but is left to the discretion of TEACH Las Vegas Charter School Executive Director.

## **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).

TEACH Las Vegas Charter School will work to identify and eliminate all marketing and advertising on school property that does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced.

### **13. COMMUNICATIONS WITH PARENTS**

TEACH Las Vegas Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. TLV will, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus when available. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

In addition, TEACH Las Vegas Charter School will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

### **14. 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 –  $\leq 200$  calories per item as served (includes any accompaniments)
- Entrée –  $\leq 350$  calories per item as served (includes any accompaniments)

**AND**

**Sodium:**

- Snack/Side Item –  $\leq 200$  mg per item as served
- Entrée –  $\leq 480$  mg per item as served

**AND**

**Fat:**

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

**AND**

**Sugar:**

- Total sugar –  $< 35\%$  by weight 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 ¼ cup fruit and/or vegetable
  - If water is the first ingredient, the second ingredient must meet one of the above criteria.

Resource: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

## 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 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 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 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
100% Fruit/Vegetable juice**	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz

\*Includes nutritionally equivalent milk alternatives as permitted by NSLP.

\*\*May include 100% juice diluted with plain water and with no added sweeteners.

Other allowable beverages in **High School ONLY:**

**Non-carbonated calorie-free beverages ( $\leq 20$  fl. oz./serving);**

Examples: *Vitamin Water Zero, Propel Fit Water, PowerAde Zero*

**Other non-carbonated calorie-free beverages ( $\leq 20$  fl. oz./serving):**

$< 5$  calories per 8 fl. oz. or  $\leq 10$  calories per 20 fl. oz.;

Examples: *Diet Fuze, Pure Leaf Iced Tea*

**Non-carbonated lower-calorie beverages ( $\leq 12$  fl. oz./serving):**

$\leq 60$  calories per 12 fl. oz. or  $\leq 40$  calories per 8 fl. oz.

Examples: *G2, Fuze Slenderize, Diet Snapple, Light Hawaiian Punch*

Resource: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

## **16. CAFFEINE**

All foods and beverages in elementary and middle schools 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 at the high school level at the discretion of the charter.

## **17. CHEWING GUM**

Sugar-free chewing gum is not allowed on any TEACH Las Vegas Charter School 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 during the school day.