

## CLARK COUNTY SCHOOL DISTRICT REGULATION

5157

### STUDENT WELLNESS

Clark County School District is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active in order to grow, learn, and thrive. Research indicates a clear connection between good nutrition, student achievement, and classroom behavior.

This student wellness regulation has been developed to comply with the Nevada Department of Education Statewide School Wellness Policy as well as the Child Nutrition Program (CNP) and the Women, Infants, and Children (WIC) Reauthorization Act of 2004.

Starting with the 2006-2007 school year, the following wellness regulation will be in effect in all schools in the Clark County School District.

#### I. Nutrition Standards

- A. Nutrient standards will apply to all foods and beverages sold or given away to students from one-half hour before school starts until one-half hour after the end of the regular school day (see exemptions for holidays, birthday parties, etc.; Nutrition Guidelines Section XI).
- B. The standards govern the nutrient value 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 fund-raising activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property from one-half hour before school starts until one-half hour after the end of the regular school day.
- C. Food and beverage choices provided to students will meet the following nutrient standards:
  - 1. No more than 30% of total calories from fat
  - 2. No more than 10% of total calories from saturated fat
  - 3. No more than 35% added sugar by weight (excluding fruits and vegetables when used as additives)
  - 4. No more than 600 mg. of sodium per serving
  - 5. Nuts, seeds, fluid milk products (excludes ice cream) containing 2% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk are exempt from this standard

- D. Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. These foods fall into the following categories:
1. Soda Water – any carbonated beverage
  2. Water Ices – any frozen, sweetened water such as Popsicles and flavored ice with the exception of products that contain fruit or fruit juice
  3. Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing
  4. Certain Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn

## II. Beverage Standards

The following beverages cannot be given away or sold during the school day as defined in (I) above:

- A. Carbonated beverages
- B. Caffeinated beverages with the exception of naturally occurring caffeine in cocoa with less than 20 mg. per 2 ounces
- C. Beverages containing any dietary supplements that do not have an RDA/AI (includes herbals)
- D. Fruit- or vegetable-based drinks (including slushes) that do not contain a minimum of 50% fruit or vegetable juice

## III. Portion Standards

- A. Snacks and sweets (including but not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): will not exceed 1.5 ounces
- B. Cookies: will not exceed 2 ounces
- C. Cereal bars: will not exceed 2.2 ounces
- D. Bakery items (pastries, muffins, etc.): will not exceed 3 ounces
- E. Frozen desserts (includes ice cream): will not exceed 4 ounces
- F. Yogurt (non-frozen): will not exceed 8 ounces
- G. Cheese: will not exceed 1.5 ounces
- H. Beverages:
  1. Milk and water will not exceed 20 ounces

2. Electrolyte replacement beverages will not exceed 12 ounces (these items cannot be sold or given away in elementary schools)
  3. Fruit drinks will not exceed 16 ounces
  4. Frozen slushes will not exceed 12 ounces
- I. Other items and side dishes shall be no larger than the portions of those foods served as part of the National School Lunch Program.
- IV. Lists of approved foods and beverages will be developed and updated annually by the Clark County School District Food Service Department's registered dietitian. The lists will be posted on the Clark County School District Food Service Department's Web site for use in ordering items to sell or give away to students during the school day.
- V. All vending and food purchasing contracts will include a statement requiring compliance with the Clark County School District Wellness Regulation. All vending contracts must be reviewed and approved by district legal counsel prior to being signed by the school principal.
- VI. Food and beverages sold more than one-half hour outside of regular school hours are exempt from this regulation.
- VII. Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.
- VIII. Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the Clark County School District Food Service Department.
- IX. Financial accounting for the sale of food and beverages on school grounds must adhere to Clark County School District accounting practices and procedures.
- X. Reimbursable meals provided to students under the National School Lunch Program and School Breakfast Program are exempt from this regulation as they are governed by Federal Regulation 7 CR, parts 210 and 220.
- XI. The following school/classroom activities are exempt from the nutrition guidelines:
  - A. State or national holiday observances
  - B. Established religious observances such as Christmas, Hanukah, and Kwanzaa
  - C. School community observances, such as birthday parties and school wide student recognition parties

- D. As part of a learning experience related to established lesson plans in the classroom

This exemption does not allow the sale of foods as part of a business enterprise or fund-raising activity.

Foods of “minimal nutritional value” cannot be “given away” or sold as part of these exempted activities (see Nutrition Standards, I. D.).

## XII. School Environment

- A. All elementary schools will serve lunch after the midday recess period (recess before lunch).
- B. All schools will designate at least 15 minutes for students to consume the breakfast meal.
- C. All schools will designate at least 20 minutes for students to consume the lunch meal.
- D. All schools will designate at least 30 minutes of time daily for physical activity.
- E. Student incentives must meet the nutrient guidelines as described above in the Clark County School District Student Wellness Regulation.

## XIII. Nutrition and Wellness Education

- A. Nutrition and wellness information will be disseminated to students through the health and physical education curricula.
- B. Nutrition and wellness information will be available on the district Web site to assist students, teachers, and parents in making healthy lifestyle choices. This information will be updated annually.
- C. Nutrition and wellness information will be provided to parents through Clark County School District publications, which are distributed throughout the school year to the homes of all Clark County students.

## XIV. Monitoring and Accountability

- A. The principal or designee will be responsible for the oversight of the wellness regulation.

- B. All schools will complete the annual self-monitoring form online and submit to their region superintendent/designee.
  
- C. All schools will maintain the following data as a means of measuring implementation of the wellness regulation:
  - 1. Number of students in each school
  - 2. Time(s) of the lunch recess at elementary schools
  - 3. Length of breakfast service
  - 4. Length of lunch service
  - 5. Number of children with access to physical activity
  - 6. Average number of physical activity minutes available to each student
  - 7. Number of students with access to physical education
  - 8. Number of students receiving physical education
  - 9. Number of minutes of physical education provided
  - 10. Total number of school days a student is required to attend physical education during the current school year
  - 11. Name, business phone number, and e-mail address of the oversight designee

Review Responsibility: Instruction Unit  
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