

CODE # 507.9

WELLNESS POLICY

The Nevada Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. In accordance with law and this belief, the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school day.
- Classroom parties, pizza parties, fundraisers, school stores, vending machines, or other food events may not compete with meal service and cannot be scheduled meal service times.

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Subseries 507: STUDENT HEALTH AND WELL-BEING

* The school day refers to the time between Midnight the night before to 30 minutes after the end of the instructional day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy;
- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

Public Involvement: There is a process for permitting parents / legal guardians, students, representatives of the school food authority, teachers of physical education, school health professionals, the School Board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.

The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy.

Legal Reference: 42 U.S.C. §§ 1751 *et seq.*

42 U.S.C. §§ 1771 *et seq.*

Iowa Code §§ 256.7(29); 256.11(6).

281 I.A.C. 12.5; 58.11.

Cross Reference: 504.5 Student FundRaising

504.6 Student Activity Program

710 School Food Services

Approved June 14, 2006 Reviewed November 6, 2023 Revised

CODE #507.9R1

WELLNESS REGULATION

To implement the Wellness Policy, the following district specific goals have been established:

Goal 1 – Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect their health
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services

Goal 2 – Physical Activity: Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following:

- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits
- Ensure physical activity is not used for or withheld as a punishment
- Afford elementary students with recess according to the following:
 - At least 20 minutes a day;
 - Outdoors as weather and time permits;
 - Encourages moderate to vigorous physical activity; and

Goal 3 – Other School-Based Activities that Promote Student Wellness: Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

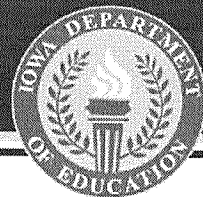
- Develop a plan to promote staff health and wellness
- Permit students to bring and carry water bottles filled with water throughout the day; Make drinking water available where school meals are served during mealtimes
- Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch

Public Involvement: There is a process for permitting parents/legal guardians, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.

NEVADA COMMUNITY SCHOOL DISTRICT BOARD POLICY
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- The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy

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Local Wellness Policy: Triennial Assessment

Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 1) Compliance with the wellness policy
- 2) How the wellness policy compares to model wellness policies
- 3) Progress made in attaining the goals of the wellness policy

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public on an annual basis:

- The wellness policy, including any updates
- Position title of the designated school official(s) who lead the local wellness committee
- Information on how the public can get involved with the local wellness committee
- The Triennial assessment also needs to be made available to the public every 3 years

Resources

- Iowa Sample Wellness Policy: developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.
- Healthy Choices Count 5-2-1-0 Registered Sites: Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.

Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Nevada CSD
Date Triennial Assessment was Completed	
Date of Last Wellness Policy Review	Jan 23, 2017
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	
How often does the school wellness committee meet? Date of last meeting?	Oct 24, 2023 / 2 times yearly

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction follows the wellness policy.

Name	Job Title	Email
Rotating Appointed Leader		All

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Steve Gray	Superintendent	Sgray@nevadaCubs.org
Heidi Grimm	HS PE	hgrimm@nevadaCubs.org
Eileen Patterson	HS/MS Nurse	epatterson@nevadaCubs.org
Melissa Egeland	Elementary Nurse	megeland@nevadaCubs.org
Tori Kelly	Elementary PE	tkelly@nevadaCubs.org
Avery Stock	MS PE	astock@nevadaCubs.org
Rhett Darland	MS PE	rdarland@nevadaCubs.org
Doyle Forster	Nutrition Director	dforster@nevadaCubs.org
Dejah Kinyon	Food Service	dkinyon@nevadaCubs.org

Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include:

- ☐ Specific goals for nutrition promotion and education
- ☐ Specific goals for physical activity
- ☐ Specific goals for other school-based activities that promote student wellness
- ☐ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day
- ☐ Standards for all foods and beverages provided, but not sold, to students during the school day (classroom parties, classroom snacks brought by parents, incentives, etc.)
- ☐ Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards
- ☐ Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide. Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language

Optional Resource: [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).

USDA Nondiscrimination Statement (Revised 5-5-22)

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410; or
2. Fax: (833) 256-1665 or (202) 690-7442; or
3. Email: program.intake@usda.gov

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Oct 24, 2023 | 📅 Wellness Meeting 7:30 a.m - 8:10 a.m.

Attendees: Doyle Forster Dejah Kinyon Eileen Patterson Heidi Grimm Melissa Egeland
Steve Gray Tori Kelley

Notes

- Discussed ways to get funding for Student & Staff Activities Dejah will research what other districts are doing to obtain funding.
- Discussed ways the district is promoting physical activity to the students currently: Central Elementary has the Health Fair Annually in the Spring, Mileage Club and many City offered Sporting activities. Middle school: Also has Mileage Club and many school sporting activities. High school: Day of service, Many other sporting events.
- Discussed how to appoint a leader, decided to do a rotating leader appointment.
- Discussed about previous meetings/updates in policy. Was a break of meetings due to Covid.
- Discussed how often meetings should be, decided to do bi-annual meetings moving forward.

Action items

- ☐ Set next meeting for March 5, 2024 7:30 a.m. High School Library.
- ☐ Provide a list of Healthy food items to bring for Snacks & Parties

