

# **CORAL ACADEMY OF SCIENCE LAS VEGAS WELLNESS POLICY**

## **2019-2020**

This student wellness regulation has been developed to comply with the Nevada Department of Agriculture Statewide School Wellness Policy. Starting with the 2016-2017 school year, the following wellness regulation will be in effect in Coral Academy of Science Las Vegas (CASLV ).

### **I. Nutrition Standards**

A. Nutrient standards will apply to all foods and beverages sold or given away to students from the midnight 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 midnight to until one-half hour after the end of the regular school day All items sold to students on the school campus during the school day must meet the Smart Snacks Nutrition Standards, there are no exemptions.

C. Food and beverage choices provided to students will meet the following nutrient standards hereafter known as Smart Snacks 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 nutritional 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-  $\leq 230$  mg per item as served until June 30, 2016

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

D. 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.

## II. Beverage Standards

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 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. servings for elementary school and 8 fl. oz. servings for middle and high school.

Beverage	Elementary	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/SBP

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

Other Allowable Beverages in High School Only.

Non-Carbonated Calorie-free beverages (≤20 fl. oz./serving); Examples: Vitamin Water Zero, Propel Fit Water, Powerade Zero

Other Non-Carbonated “Calorie-free” Beverages (≤20 fl. oz./serving): <5 calories per 8 fl.oz. or ≤10 calories per 20 fl. Oz.; Examples: Diet Fuze, Pure Leaf Iced Tea

Non-Carbonated Lower-Calorie Beverages (≤12 fl. oz./serving): ≤60 calories per 12 fl. oz., ≤40 calories per 8 fl. oz.; Examples: G2, Fuze Slenderize, Diet Snapple, Light Hawaiian Punch

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 at the high school level at the discretion of the school district.

Gum: Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the CASLV.

III. All vending and food purchasing contracts will include a statement requiring compliance with the CASLV Wellness Policy. All vending contracts must be reviewed and approved by school's legal counsel prior to being signed by the school principal.

IV. Food and beverages sold more than one-half hour after regular school hours are exempt from this regulation.

V. Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

VI. 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). CASLV will identify and eliminate all marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced. Proceeds from the sale of food and beverages on school grounds must directly benefit school academics and activities.

VII. Financial accounting for the sale of food and beverages on school grounds must adhere to CASLV accounting practices and procedures.

VIII. The following school/classroom activities are exempt from the Smart Snack Guidelines:

A. State or national holiday observances

B. Established religious observances such as Christmas, Hanukkah, and Kwanzaa

C. School community observances, such as birthday parties (one per classroom per month) 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.).

#### IX. School Environment

- A. CASLV will serve lunch to the elementary students (K-6) after the midday recess period (recess before lunch).
- B. CASLV will designate at least 15 minutes for students to consume the breakfast meal.
- C. CASLV will designate at least 20 minutes for students to consume the lunch meal.
- D. CASLV will designate at least 30 minutes of time daily for physical activity.
- E. Student incentives must meet the Smart Snack nutrition standards as described above in the CASLV Student Wellness Policy and if incentives/rewards are used, can not be food based.

#### X. Nutrition and Wellness Education

- CASLV will select, measure, and report progress for at least one goal from each of the following categories: Nutrition promotion and education, physical activity, and other school based activities that promote student wellness.
- CASLV will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations set by the Department of Agriculture.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable and based on campus need, CASLV will participate in available federal school meal programs (including the School Breakfast Program and/or National School Lunch Program)
- CASLV will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

#### XI. Monitoring and Accountability

- A. The principal or designee will be responsible for the oversight of the wellness regulation and will meet twice an advisory group twice per year.
- B. All schools will complete the annual self-monitoring form online and submit to Nevada Department of Agriculture.
- C. All schools will maintain the following data as a means of measuring implementation of the wellness regulation:

- Number of students in each school
- Time(s) of the lunch recess at elementary schools
- Length of breakfast service
- Length of lunch service
- Number of children with access to physical activity
- Average number of physical activity minutes available to each student
- Number of students with access to physical education
- Number of students receiving physical education
- Number of minutes of physical education provided
- Total number of school days a student is required to attend physical education during the current school year
- Name, business phone number, and e-mail address of the oversight designee