

Student Wellness Policy

Innovations International Charter School of Nevada is committed to providing a learning environment in which students can make healthy food and beverage choices and have opportunities to be physically active. Research notes there is a connection between nutrition, student achievement, and classroom behavior. Federal law requires every school to have a wellness policy. These policies must address nutrition education, physical activity, school meals, and all other foods and beverages available at school.

This Student Wellness Regulation complies with the Nevada Department of Education's Statewide School Wellness Policy and the Child Nutrition Program (CNP), and with the federal statute: Healthy, Hunger-Free Kids Act of 2010.

Nutrition Standards

- A. Nutrient standards will apply to all foods and beverages sold or given away to students during the period from midnight before, to 30 minutes after, the end of the official school day. Only approved snacks and beverages may be offered. Food must be commercially prepared and meet all nutrient and beverage standards with the exception of food grown in school gardens. Food and beverages sold more than one-half hour after regular school hours are exempt from this regulation.
- B. These standards govern the nutrient value, calories, and portion sizes of foods and beverages sold in all school venues, including but not limited to, student stores, vending machines, and cafeteria. This regulation also applies to fund-raising and all activities sponsored by the school conducted on property during the school day.
- C. Lists of approved foods and beverages will be retrieved from the Clark County School District Food Service Department and will be updated as appropriate.
- D. All food and beverage choices sold or given to students must meet all of the following nutrient standards (including any condiments)

Calories:	Snack/Side Item:	Less than or equal to 200 calories per item as served
	Entrée:	Less than or equal to 350 calories per item as served

Sodium:	Snack/Side Item:	Less than or equal to 200 mg per item as served
	Entrée:	Less than or equal to 480 mg per item as served

Fat:	Total Fat:	Less than or equal to 35% total calories from fat
	Saturated Fat:	Less than 10% total calories from saturated fat
	Trans Fat:	Zero calories from trans fat

Sugar:	Total Sugar:	Less than 35% by weight
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- E. In addition to the above nutrient standards, food items must meet at least one of the following criteria:
- a. Be a grain that contains greater than 50% whole grains by weight or have whole grains listed as the first ingredient on the food label
 - b. Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods
 - c. Be a combination food that contains at least one-quarter (1/4) cup fruit and/or vegetable
 - d. If water is the first ingredient listed, the second ingredient must meet one of the above criteria
- F. Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the principal

Beverage Standards

Carbonated beverages or beverages containing any dietary supplements that do not have a Recommended Daily Allowance/Adequate Intake (RDA/AI) including herbal supplements cannot be sold or given away during the school day.

A. Allowable Beverages

- a. Plain water – no size limit
- b. Milk – unflavored nonfat, unflavored low-fat, or flavored nonfat milk
 - i. Elementary: less than or equal to 8 fluid ounces per serving
 - ii. Secondary: less than or equal to 12 fluid ounces per serving
- c. Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water
 - i. Elementary: less than or equal to 8 fluid ounces per serving
 - ii. Secondary: less than or equal to 12 fluid ounces per serving

B. Other Allowable Beverages

- a. Noncarbonated calorie-free beverages less than or equal to 20 fluid ounces per serving
- b. Noncarbonated lower calorie beverages less than or equal to 60 calories. Eight (8) fluid ounce servings must be less than or equal to 40 calories

C. Caffeine

All foods and beverages in elementary schools and secondary schools must be noncarbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (ie: chocolate milk). Caffeine is permitted at the high school level upon the discretion of the principal.

Incentives And Rewards

Schools and teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified above.

Fund-Raising

During the school day, all items sold to students on the campus must meet the nutrient and beverage standards noted above. The school day is defined as the period from midnight before to 30 minutes after the end of the official school day. Fund-raiser exemptions will not be granted.

Free/Reduced Meals

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 (DFR 7 [11][A] Parts 210 and 220).

Special Occasions

All food for special occasions must be commercially prepared to minimize risks of food borne illnesses and to avoid known food allergens. Food must meet the nutrient and beverage standards within this regulation with the exception of an activity that is part of a learning experience related to the reinforcement of established lesson plans in the classroom.

Recess

Recess for the younger children will be held 20 minutes before lunch each day. When all children have completed their meals, they will be given additional time outside to utilize physical activity for the day.

Physical Activity

1. IICSN will provide the opportunity for at least 30 minutes daily of moderate to vigorous physical activity.
2. Passing periods do not qualify as physical activity time.
3. Teachers, school personnel, and community personnel will not use physical activity, or withhold opportunities for physical activity as a punishment.
4. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

Nutrition And Wellness Education

1. Nutrition and wellness information, including tobacco, alcohol, and other harmful substances prevention resources will be disseminated to students through health and physical education.
2. Nutrition and wellness information will be available on the CCSD website to assist students, teachers, and parents in making healthy lifestyle choices.
3. Nutrition and wellness information will be provided to parents.

School Wellness Coordinator

1. The administrator will designate a School Wellness Coordinator at his/her school to provide an annual status of the school's implementation of an annual wellness regulation.
2. The administrator will work with the School Wellness Coordinator to ensure the wellness goals are met.
3. The school will retain records demonstrating compliance with meeting the Wellness regulation.

Birthday Parties

Keep in mind that each child's birthday can mean multiple celebrations; one at home with family, a party with friends, and then another at school. Food does not have to be a part of school parties. If food is a way families want to celebrate, the suggestions below can be used to minimize 'sugary sweets'.

- Fruit smoothies
- Trail mix
- Fruit kabobs
- Angel food cake with fresh fruit
- Light or low-fat popcorn
- Applesauce or other fruit cups
- Raw veggies served with low-fat dip
- Graham crackers
- Whole grain tortilla chips and salsa
- Whole grain crackers with dip or cheese