

BOARD OF TRUSTEES
CARSON CITY SCHOOL DISTRICT

POLICY No. 245
PROGRAMS

WELLNESS POLICY

Carson City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy food choices, quality social, emotional, and behavioral development, and physical activity for its students. Carson City School District will also help teach families that good sleeping habits are necessary for learning to occur. Carson City School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing and reviewing its Wellness Policy and Regulation annually.

All students in Carson City School District will:

- Have opportunities, support and encouragement to be physically active on a regular basis;
- Receive food and beverages at school that are sold, served, or given away on campus during the school day that meet the minimum nutrition standards as stated in the Smart Snack (USDA) Nutritional Standards;
- On special occasions receive foods that do not meet the minimum nutrition standards. These occasions will occur on pre-determined dates as set by each school, in accordance with regulations promulgated by the Superintendent, consistent with this Policy;
- Benefit from qualified child nutrition professionals who will provide access to a variety of affordable, nutritious, and appealing foods;
- Be assured that religious, ethnic and cultural diversity of the student body will be considered when meals are planned;
- Be provided a clean, safe and pleasant setting and adequate time to eat;
- Participate, to the extent practicable, in available federal school meal programs;
- Receive training in social and emotional learning based on high quality comprehensive standards for Pre-K through high school;
- Be encouraged to develop healthy sleep habits and receive wellness checks from certified health professionals.

Adopted: July 14, 2015

**BOARD OF TRUSTEES
CARSON CITY SCHOOL DISTRICT**

**REGULATION No. 245
PROGRAMS**

WELLNESS REGULATION

Advisory Group

Carson City School District (CCSD) will maintain a diverse team made up of committed school and community stakeholders to assess the needs and develop and recommend to the Board of Trustees a policy to meet the operational realities of the health and wellness of our school children. In addition, this group will meet at least quarterly to review and update the Local School Wellness Policy (LSWP) and to complete the Annual Review.

CCSD's Wellness Policy Advisory Group will include representatives from the following categories to participate in the development, implementation, and periodic review and update of the LSWP:

Parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators and the general public.

The District will determine incentives and consequences for compliance and non-compliance with the LSWP.

Wellness Policy Coordinator

CCSD will establish LSWP leadership, at the District and school level, which fully understands the LSWP requirements; who can facilitate the development and implementation of the LSWP, and which has the authority and responsibility to ensure that each school complies with the policy.

CCSD will designate at the District and school levels, the position responsible for reporting the annual status of the Wellness Policy implementation. The Superintendent will appoint the District-level Wellness Policy Coordinator, and each Principal will designate an administrative staff member as the site Wellness Coordinator. CCSD will inform the Nevada Department of Agriculture (NDA) the name, position, and contact information for the person responsible for the oversight of the LSWP at the District and school levels by September 30th of each school year. If the designated wellness policy coordinator changes, the District will notify NDA within 60 days.

Public Notification (Proposed Rules which must be made available to the public)

A) Once members of the LSWP Advisory Group are identified, CCSD will make available to the public and school community, a list of names and position titles (or relationship to the school) of individuals who are a part of the LSWP Advisory Group; as well as the name, position title, and contact information of the lead individual or coordinator for the District, and for each school, as applicable.

B) The District and schools are required to actively notify households of the availability of the LSWP information, the web-site address (i.e., URL or uniform resource locator) for the information, or other information that will enable interested households to obtain additional information. For example, the District will post the LSWP on the school or District's web-site and send a message to families notifying them of how they may obtain a copy or otherwise access the policy. Also, as a follow-up to the online posting, the District and schools may publicize the content and status of the LSWP by sending a summary report home to parents.

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Additionally, LSWP information may also be presented during a meeting with the Parent Teacher Association/Organization, CCSD School Board, the Superintendent, school/district health and wellness committee, school health advisory council, or other interested groups or stakeholders. Other examples of methods for public information include notifications through local newspapers or the media, with links to a web-site.

C) Annual Progress Reports

Sections 9A(b)(4) and 9A(b)(5) of the National School Lunch Act (NSLA), as amended, require the District to inform and update the public about the content and implementation of the LSWP, the extent to which schools are in compliance with the policy, and progress made in attaining the goals of the policy.

The LSWP annual progress report must include, at a minimum: the web-site address, a description of each school's progress in meeting the local school wellness goals; a summary of each school's events or activities related to LSWP implementation; the name, position title, and contact information of the designated District official and school official leading and coordinating the LSWP Review Team and advisory council, and information on how individuals and the public can get involved with the LSWP Advisory Group.

The District may prepare and make the LSWP annual progress report available on behalf of each participating school under its jurisdiction, or may allow each school to prepare its own progress report and make the information available to the public.

D) Triennial Assessments

Section 9A (b)(5) of the NSLA, as amended, requires the District to periodically measure and make available to the public an assessment on the implementation of the LSWP, including: an indication of the extent to which the LSWP compares to the state school model wellness policies, and a description of the progress made in attaining the goals of the LSWP. An assessment, of the LSWP should be conducted, at least, every 3 years.

THREE PILLARS OF WELLNESS

School Wellness Policy Goals

To promote wellness for all our students, this regulation contains three basic sections or "Pillars". CCSD will select, measure, and report progress for at least one goal annually from each of the following categories:

1. Social /Emotional Health and Education
2. Nutritional Health and Education
3. Physical Health and Education

I. Social / Emotional Health and Education

Social and Emotional Learning (SEL) involves the ways in which adults and children develop the fundamental skills for life effectiveness. SEL teaches the skills that people need to handle themselves, their relationships and work effectively and ethically. CCSD will develop a system of SEL that is intended to improve:

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- 1) Self-Management – managing emotions and behaviors to achieve one’s goals
- 2) Self-Awareness – recognizing one’s emotions and values as well as one’s strengths and challenges
- 3) Responsible Decision-Making – making ethical, constructive choices about personal and social behavior
- 4) Relationship Skills – forming positive relationships, working in teams, dealing effectively with conflict
- 5) Social Awareness – showing understanding and empathy for others

Benefits of SEL

- 1) SEL provides a strong foundation for students to not only excel academically, but to be more flexible socially, allowing them to better accept critiques from their peers and learn from others.
- 2) SEL classrooms generate less emotional distress in the classroom. This is a direct result of students empathizing with each other’s feelings and learning strong listening skills.
- 3) The safe learning environment naturally results in higher test scores and better grades.
- 4) High-quality SEL programs positively contribute to school success, social development, crime prevention, and economic performance by developing strong self-awareness in students which, in turn, feeds their drive to succeed.

II. Nutritional Health and Education

1) 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 USDA Smart Snack nutrition standards. These food standards apply to all grade levels (unless otherwise specified).
- The Wellness Policy applies only to foods and beverages available for sale or given away to students on the school campus during the school day – not to what students bring from home for individual consumption. There is no requirement that teachers or principals have to “screen” food or drink brought from home for individual student consumption. See Addendum (A) for specifics.
- Food meeting the Smart Snack Nutrition Standards may be brought to the schools for any occasion.

2) Meal Consumption

It is the intent of the regulation to allow students adequate time to eat their meals; therefore, time spent acquiring the meal is not included in the time to consume the meal. The District will: provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast), and provide at least 20 minutes for each student to consume the lunch meal.

3) Incentives & Rewards

Schools within the District are strongly encouraged to utilize other forms of incentives or rewards that are not food-based. All foods used as an incentive or reward must be in alignment with the USDA Smart Snacks Nutrition Standards. See Addendum (B) for ideas.

4) Fundraising

All items sold to students on the school campus during the school day must meet the USDA Smart Snacks Nutrition Standards. Food and beverages purchased at fundraisers will not be distributed or consumed during the school day. Fundraiser foods or beverages may not be sold in competition with the school meals programs during the meal service hours. Schools are encouraged to have a majority of their fundraising come from non-food alternatives. See Addendum (C) for ideas.

5) Special Occasions

It is suggested that all foods provided for special occasions meet the Smart Snacks Nutrition Standards. This includes any food items provided by parents, volunteers or staff. See Addendum (D) for ideas.

However, on special occasions or holidays students may consume foods at school that do not meet the established nutrition parameters.

Each school site will be allowed to have classroom parties and celebrations 1) in observance of state or national holidays such as Nevada Day, Christmas, Hanukah, and Kwanzaa, etc.; 2) in observance of school community traditions such as individual birthday celebrations, and 3) as part of a learning experience related to the reinforcement of established lesson plans in the classroom. The dates for special occasion celebrations must be determined by the school Administration and reported to the Nutrition Coordinator at the start of each school year.

Foods and beverages for classroom parties and celebrations may be offered only after lunch service is completed. Exceptions are to be approved by the site Administrator.

Safe food handling practices should be followed for all foods, whether prepared at home or commercially, to minimize the risk of food borne illnesses. To reduce the risk of exposure to known food allergens, teachers are encouraged to take precautionary measures to ensure allergy-free classrooms. Students will be encouraged to wash hands before and after handling or consuming foods.

6) PTA and Parent Engagement Events

When special occasions aimed at increasing family engagement are planned, it is highly recommended that the District Food Service provider be included. This collaboration will help to ensure that the Smart Snack Guidelines are met when using food at such gatherings.

Parents may bring food into the cafeteria for their students only, not for larger groups of students.

7) Vending

All beverages and snacks sold or distributed in vending machines must meet USDA Smart Snacks in School nutrition standards.

During the school day, vending accessible to students is limited to:

- Elementary – no vending
- Middle School – no vending during meal service hours

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- High School – no vending during meal service hours

8) Culinary Programs

Foods from these programs may not be sold to students during meal service times.

9) Concession

Concession stands operating outside of the school day are exempt from restrictions on food sold to students. Concession stands may sell food items from the student store at special events; track meets, etc.

10) Student Stores

Foods sold in school stores must meet the nutritional requirements as stated in USDA Smart Snacks. Documentation must be maintained by the store/group staff to assure that all foods meet the nutrition standards.

III. Physical Health and Education

1) Physical Activity

Schools will provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day (as defined by USDA).

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 partners will not repeatedly use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment. The District recognizes that school officials need the autonomy to make individual decisions for individual students to benefit individual learning.

2) Recess Before Lunch

Recess before lunch is recommended, but is left to the discretion of each individual elementary school.

3) Sleep

Sleep deprivation can negatively affect a student's ability to learn and overall academic achievement. A continuing lack of sleep is linked to serious health problems including diabetes, obesity, heart disease, depression, and a shortened life span.

The District will provide information to students, parents, and community members about sleep in the following areas:

- **Getting enough sleep.** Children need to know about how much sleep is needed to perform well.

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- **Establishing good sleep routines.** Children should stick to a regular sleep schedule. School-age children need an average of 10 to 11 hours of sleep each night. Insist on a regular bedtime and wake-up time. Have a regular quiet, relaxing bedtime routine such as reading to your child or reading together before going to sleep.
- **Say “no” to late-night TV and computer use.** Keep the computer and TV out of your child's bedroom. It's a good way to monitor your child's screen activities and help assure consistent bedtimes.
- **Check in with your child's teacher.** Ask your child's teacher if your child is alert or sleepy in class. If your child is frequently sleepy in class, that's a sign that more sleep is needed.
- **The pros and cons of naps.** A short nap after school (no more than 30 minutes) may be refreshing, but don't let your school-age child sleep for hours during the day as this will throw off natural sleep schedules.
- **Exercise plays a role in keeping a regular sleep schedule.** By getting outside, students are inclined to engage in physical activity. Enrolling your child in organized physical activities is also a good way to make sure your student gets adequate exercise.
- **Balanced evening nutrition habits help children “wind-down” at bed time.** Avoid having your child consume large quantities of food or beverages just before bedtime.
- **Be a role model.** Show your child that you make sleep a priority in your own life. Children are more likely to follow your advice if you follow the same rules for yourself.

4) Revenue

The District will identify how it will track revenue from the sale of food on the school campus during the school day by one or both of the following methods:

Federal Standard: All revenue from the sale of non-program foods purchased with funds from the non-profit school food service account shall accrue to the non-profit school fund service account of the participating school food authority.

Nevada Revised Statue: Each school's wellness policy shall include: guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established district rules of practice.

5) 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). The District 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 placed. Attractive, current nutrition education materials are prominently displayed in dining areas and are changed at least once every 60 days.

6) Recordkeeping

CCSD will retain basic records demonstrating compliance with the LSWP and must include the following documentation:

- a. Compliance with the requirements of advisory group representation;
- b. Demonstrate compliance with public notification which includes:
The web-site address for the LSWP and/or how the public can receive or access a copy of the LSWP; a description of each school's progress in meeting the local school wellness goals; a summary of each school's events or activities related to LSWP implementation; the name, position(s)/title, and contact information of the designated Wellness Policy Coordinator at the District and/or school level, and information on how individuals and the public can get involved with the advisory group;
- c. Annual process reports will be conducted and reports published to monitor the policy implementation at each site;
- d. Assessment of the LSWP progress for each school under the jurisdiction will be conducted, at a minimum of every three (3) years.

Addendum A

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: - ≤ 200 calories per item as served (includes any accompaniments)

Entrée - ≤ 350 calories per item as served (includes any accompaniments)

AND

Sodium:

Snack/Side Item - ≤ 230 mg per item as served until June 30, 2016
(- ≤ 200 mg after July 1, 2016)

Entrée - ≤ 480 mg per item as served

AND

Fat:

Total Fat - $\leq 35\%$ of calories

Saturated Fat - $\leq 10\%$ of calories

Trans Fat - 0g per serving

AND

Sugar:

Total Sugar - $\leq 35\%$ by weight

The Alliance for a Healthier Generation has created the tools listed below:

Smart Snacks Calculator

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Smart Snacks Product Navigator

https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/

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 a 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.

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Beverages

Allowable beverages vary by grade-level and 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 f. 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 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/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 sold or provided by the CCSD must be non-carbonated and caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances (e.g. chocolate milk).

Chewing Gum

Sugar –free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the school district.

REGULATION No. 245 - CONTINUED

Addendum B

Incentives & Rewards

Faculty/Staff and Parent Responsibilities

Staff is encouraged to refrain from using food/beverage as a reward for students. Parents/guardians or other volunteers are encouraged to support and promote the District's Wellness Policy by considering and researching nutritional content and quality when selecting food items (such as snacks donated for occasional class parties), and by eliminating foods or beverages that do not meet nutritional guidelines. Additionally, parents/guardians and other volunteers are encouraged to communicate with faculty and administration in a concerted effort to identify all participating students' allergies and dietary needs prior to making food/beverage selections.

Parents and staff are strongly encouraged to utilize other forms of incentives or rewards that are not food-based. If schools choose to allow food-based incentives or rewards, the food items must meet the Smart Snacks Nutrition Standards.

Rewards support student health when they involve using non-food items or activities to recognize students for their achievement or good behavior.

Examples of non-food incentives or rewards are listed below:

1. Stickers
2. Sit by friends
3. Teach the class
4. Have extra art time
5. Enjoy class outdoors
6. Have an extra recess
7. Play a favorite game or puzzle
8. Walk with a favorite provider during a transition
9. Eat lunch outdoors/have a picnic
10. Eat lunch with a teacher or principal
11. Be a helper during class
12. Dance to music in the classroom
13. Take a field trip
14. Teacher will read their favorite book
15. Praise or recognition

Resources to help with Non-Food Rewards and Incentives:

- Center for Science in the Public Interest - Constructive Classroom Rewards
http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf
- Oregon State Department of Education - Non-Food Incentives and Rewards in the Classroom
http://oregonstate.edu/dept/kbrec/sites/default/files/NonFoodReward_Klamath_06-19-08.pdf
- Newport-Mesa Unified School District- Ideas for Non-Food Classroom Rewards
http://www.smusd.org/cms/lib3/CA01000805/Centricity/Domain/9/Non_Food_Rewards_6.pdf
- Consortium to Lower Obesity in Chicago Children - Classroom Reward Options
<http://www.clocc.net/partners/group/school/ClassroomRewardOptions.pdf>

REGULATION No. 245 - CONTINUED

Addendum C

Fundraising

Best Practices for Fundraising

Candy, baked desserts, and other foods with little nutritional value are commonly used for fundraising in schools. The new school wellness policy requires that all food and beverages sold to students on the school campus during the school day must meet Smart Snack Nutrition Standards.

Selling healthy snacks reinforces good habits and promotes health and wellness. Providing healthy products during fundraising events continues to highlight healthy behaviors.

Below are some healthy fundraising strategies:

1. Wrapping paper
2. Candles
3. Coupon books
4. Students can plant, grow and harvest vegetables, fruit, seeds or flowers and sell them as a fundraiser
5. Students could sell their original crafts or art work
6. Schools can have a walk-a-thon, fun run, field day or juggling contest
7. Schools can have a car wash or golf tournament
8. Schools can sell Logo Gear (T-shirts, Hats, Bags, Mugs etc.)
9. Schools can host a game night, carnival, rummage sale, silent auction

Resources to help with Fundraising on the school campus, during the school day:

- USDA - Healthy Fundraising Ideas
<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthyfundraising>
- USDA - Best Practices Fundraisers
http://www.fns.usda.gov/sites/default/files/cn/bestpractices_fundraisers.pdf
- USDA - Smart Snacks in School Fundraisers
http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf
- Center for Science in the Public Interest-Sweet Deals: School Fundraisers Can Be Healthy and Profitable
<http://www.cspinet.org/new/pdf/schoolfundraising.pdf>
http://cspinet.org/new/pdf/sweet_deals_one-pager.pdf
- Center for Science in the Public Interest - Fundraising Options Available to Schools
<http://www.cspinet.org/nutritionpolicy/fundraiserfactsheet.pdf>
- Butter Braid - USDA Smart Snacks in School and Fundraising
http://www.butterbraid.com/Media/Default/PDF%20Files/USDA%20SMART%20SNACKS%20IN%20SCHOOL%20AND%20FUNDRAISING_b.pdf

REGULATION No. 245 - CONTINUED

Addendum D

Special Occasions/Holiday Celebrations

Benefits of Healthy Celebrations

To provide the best learning environment for students, parents and schools should support healthy behaviors, such as healthy classroom celebrations that promote positive eating habits.

Research has shown that good nutrition is linked to better behavior and academic performance. School staff and parents should help get students excited about nutritious food. Providing healthy snacks supports positive messages about eating well, rather than contradicting them.

Best Practices for School Celebrations

The Smart Snack Nutrition Standards require each school/district to designate the frequency of exempt days to be allowed to celebrate special occasions. This includes holidays, birthdays, class parties, etc. Pep rallies and student organization meetings will not be considered a special occasion and therefore are not appropriate for exemption.

For example, when a school decides to celebrate birthdays, parents and students are allowed to bring in non-Smart Snack approved items.

Healthy Snack Ideas

Popcorn or Pretzels

Crackers and Peanut Butter

Baked Chips and Salsa

Cut up fruit with yogurt dip

Cut up veggies with hummus

Low fat granola bars

Nuts and seeds (where appropriate)

Trail Mix (where appropriate)

String Cheese

Yogurt

Resources for special occasions and holiday celebrations:

- Washoe County School District - The Student Wellness Policy
<http://www.washoeschools.net/cms/lib08/NV01912265/Centricity/Domain/69/WCSD%20Student%20Wellness%20Policy.pdf>
- St John Community School - Eat Smart Treat Smart
<http://stjohncommunityschool.wikispaces.com/file/view/Eat%20Smart...Treat%20Smart.pdf/475340554/Eat%20Smart...Treat%20Smart.pdf>
- USDA - Healthier School Day
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>
- Missouri Eat Smart Advanced Guidelines - A guide to Promoting a Healthy School Environment
<http://www.hazelwoodschools.org/StudentsAndParents/SchoolNutrition/Documents/Eat%20Smart%20Guidelines.pdf>
- Pleasanton School Guidelines for School Parties/Celebrations
<http://www.pleasanton.k12.ca.us/mohr/documents/FoodPolicy.pdf>

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Addendum E: Definitions

Carbonated Beverage – 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 food service meals that are 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 day.

Local Education 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 the 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 which includes oral, written, or graphic statements made for the purpose of promoting the sale of 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 Health Hunger-Free Kids Act of 2010 that provide science-based nutrition standards for all foods and beverages sold to student in school during the school day.

REGULATION No. 245 - CONTINUED

Addendum F

Alternative School Discipline Options to Withholding Recess:

Students benefit from rigorous physical activity during the school day.

Here are some suggested tips and alternatives;

- 1) Include students in establishing class expectations and outcomes early in the year. Review the class expectations frequently
- 2) Reinforce positive behavior
- 3) Provide social rewards, such as positive attention, praise or a pat on the shoulder
- 4) Offer positive feedback and “catch” students doing things right
- 5) Wait for students to be attentive before providing directions
- 6) Write a letter of apology to the person who has been wronged
- 7) Have the student write a letter to parents/guardians explaining why their actions (or inactions) were inappropriate and require them to produce (with your help) a solution
- 8) Have students sit or play away from the group and have them “earn” their way back to group/unrestricted activity
- 9) Do unfinished homework or classwork during “free choice” time, teacher reading time, or some other coveted activity that is not part of P.E. or recess
- 10) Make arrangements with the parent to have the child stay after school or complete a consequence while at home
- 11) Have the student and the teacher jointly call the parent to explain the assistance needed
- 12) Have the student miss a class trip or school event (use with support from the administration)

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