

Innovations International Charter School Of Nevada

School 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. This policy must address the following:

1. Advisory Group
2. Wellness Policy Coordinator
3. Recordkeeping
4. School Wellness Policy Goals
5. Incentives and Rewards
6. Fundraising
7. Special Occasions
8. Revenue
9. Meal Consumption
10. Physical Activity
11. Recess Before Lunch
12. Marketing
13. Smart Snacks Nutrition Standards
14. Specific Nutrients for Food
15. Beverages
16. Caffeine
17. Chewing Gum

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

The School Wellness Policy may not encompass all aspects of the school environment that affect school wellness. However, this policy will include other policies practiced at the school as applicable.

Advisory Group

The following identified members represent various stakeholders in the school and from the general community.

Board Members: Dr. LeAnn Putney, Board President

Administrator(s): Dr. Christi Carmack, Assistant Principal
Dr. Connie Malin, Chief Educational Officer
Ken Malin, H.R. Director

School Health Professionals: Kelli Wolf, School Nurse
Tym Hudson, FASA

Physical Education: Eldridge Hudson, Coach and Instructor

School Food Authority: Troy Adam, Food Service Manager
Laurie Collins, Registrar and Office Manager

Teachers: Teresa Miller, Learning Strategist
Bobbie Stanley, Special Education Facilitator
Robin Whitaker, Classroom Teacher
Diane Grandey, Classroom Teacher
Gerard Gonzalez, Counselor

Parents: Mackenzi Creel, Parent
Frank Mazurkiewicz, Parent

Students: Eugene Stewart, Student
Keith Mazurkiewicz, Student

General Public: Vic Caruso, City Impact

The group outlined above will meet a minimum of twice yearly to review and update the local school wellness policy as needs change, goals are met, new information emerges, and the annual review is completed.

Wellness Policy Coordinator

The school must designate the position (s) responsible for reporting the status of the policy implementation annually. The school must inform the Nevada Department of Agriculture the name(s), position(s), and contact information for the person(s) responsible for the oversight of the policy by September 30th of each school year. If the designated wellness policy coordinator changes, the school must notify the Nevada Department of Agriculture within 60 days.

The follow designees represent Innovations policy coordinators.

1. Dr. Connie L. Malin, Chief Educational Officer
connie.malin@iicsn.org
702-216-4337
2. Tym Hudson, FASA
tym_hudson@iicsn.org
702-216-4337
3. Laurie Collins, Registrar/Office Manager
laurie_collins@iicsn.org
702-216-4337

Recordkeeping

Schools must retain basic records demonstrating compliance with the Local School Wellness Policy (LSWP) and must include the following.

- Compliance with the requirements of advisory group representation
- Triennial assessment of the LSWP
- Annual LSWP progress reports
- Demonstrate compliance with public notification to include:
 - The website address for the LSWP and how the public can receive/access a copy
 - Description of the school's progress in meeting the local wellness goals
 - Summary of the school's events/activities related to LSWP implementation
 - Name, position/title and contact information of the designated wellness coordinator(s)
 - Information on how the public can get involved with the advisory group

The school's wellness policy can be found on its website and can be viewed in the office of each campus. Further questions can be addressed by the staff listed above.

School Wellness Policy Goals

Schools must select, measure, and report progress for at least one goal from each of the following categories.

1. Nutrition promotion and education
2. Physical activity
3. Other school-based activities that promote student wellness

The following goals have been selected to address the above needs of the school.

Goal One: Design and implement a plan that promotes making healthy food choices.

Goal Two: Develop and implement a plan that provides the opportunity for all students to participate in 30 minutes of time daily for moderate to vigorous physical activity.

Goal Three: Maintain a school garden whereby the growing, care, and sharing of nutritious food promotes student wellness and healthy food choices.

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.

Incentives and Awards

School are strongly encouraged to utilize other forms of incentives or rewards that are not food-based. Schools must address the use of food as an incentive or reward, if allowed, it is required that the food awards be in alignment with the Smart Snacks Nutrition Standards.

Innovations has been able to utilize three external forms of incentives to encourage students to maintain appropriate social and academic behaviors within the school. They include:

1. Dragon Dollars – use of accumulation of dragon dollars for behavior, attendance, and academics is given to students. This includes the accumulation of 10 dollars allowing students to trade for a Treasure Box Prize. Treasure Box Prizes are not edible items.
2. Dress for Success Lanyards – students receive monthly recognitions for academics, behaviors, attendance, and student growth. These are lapel pins that are placed on a school lanyard designating accomplishments and showcasing good student choices.
3. Student Assemblies/Activities – students and classes who have had an exceptional quarter are rewarded with special assemblies or activities to acknowledge accomplishments made.

Fundraising

During the school day, all items sold to students on the campus must meet the nutrient and beverage standards noted above and must meet the Smart Snacks Nutrition Standards. 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.

Special Occasions

Schools must establish a policy that outlines which special occasions or holidays and the frequency that foods that exceeding the established nutrition parameters may be allowed. Considerations are as follows:

In observance of state or national holidays; for established observances of Christmas, Hanuka, and Kwanza; School Community observances, such as birthday parties; as part of a learning experiences related to the reinforcement of established lesson plans in the classrooms.

A recommendation to consider is that food be commercially prepared to minimize risks of food borne illnesses and to avoid allergens.

At Innovations, 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.

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

Revenue

Schools must identify how they will track revenue from the sale of food on the school campus during the instructional day by one or both of the 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 food service account of the participating school food authority.

Nevada Revised Statutes: each school's wellness policy shall include: Guidelines for revenue accounting, in accordance with NRS 2338.050 or in accordance with established school rules of practice.

Innovations' Business Department has established policies for collecting student generated funds and/or funds set from fundraising. All individuals seeking permission to fundraise, must get permission from administration and from the Business Director, follow school established procedures, and have a daily counting of funds generated to ensure accuracy and full accountability.

Meal Consumption

It is the intent of this policy to allow each student adequate time to eat meals. Time spent acquiring the meal is not included in the consumption time. Each school must:

- Provide at least 15 minutes for each student to consume the breakfast meal
- Provide at least 20 minutes for each student to consume the lunch meal

Physical Activity

Schools must provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day. 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 members will not use physical activity or withhold opportunities for physical activity as punishment.

Recess Before Lunch

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.

Marketing

Only marketing consistent with Smart Snacks Nutrition Standards is allowed on a school campus. This includes advertising and other promotions on the school campus during the school day (oral, written, or visual). Schools must identify and eliminate marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts as renewed or items are replaced.

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.

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 6/30/16 or \leq 200 calories
 served after 7/1/16
 AND
- Fat: Total Fat \leq 35% of calories
 Saturated Fat \leq 10% of calories
 Trans Fat 0 g per serving
 AND
- Sugar: Total Sugar $<$ 35% by weight

Specific Nutrient Standards for Food

In addition to the Smart Snacks Nutrition Standards, food items **Must Meet One** of the following criteria:

1. 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
 2. 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
 3. Be a combination food that contains at least $\frac{1}{4}$ cup fruit and/or vegetable
OR
 4. Contain 10% Daily Value of Calcium, Potassium, Vitamin D, or Dietary Fiber (effective through 6/30/16)
- If water is the first ingredient, the second ingredient must meet one of the above criteria.

Beverages

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 is no restriction 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 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

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 school and high school.

Other Allowable Beverages in High School Only

Non-Carbonated Calorie-free Beverages (≤ 20 fl. oz/serving)

(Ex: 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

(Ex: 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.

(Ex: 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. (ex: 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. At this time, Innovations will offer no beverages containing caffeine to its high school students.

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. At this time, Innovations will offer no sales of chewing gum on its campus.

Definitions

Carbonated Beverage- A 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 meals reimbursed 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 school day.

Local Educational 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 your 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. Includes oral, written, or graphic statements made for the purpose of promoting the sale of a 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 Healthy Hunger-Free Kids Act of 2010 that provide science- based nutrition standards for all foods and beverages sold to students in school during the school day.