



Administrative Regulation 5600

STUDENT WELLNESS

Responsible Office: Office of Operations, Department of Nutrition Services

PURPOSE

This Administrative Regulation shall establish the procedures and protocols related to student wellness and nutrition in the Washoe County School District (District), ensuring compliance with state and federal laws and regulations.

DEFINITIONS

1. "Carbonated Beverage" A class of beverages that bubble, fizz, or are effervescent. These include beverages that are aerated or infused.
2. "Combination Food" products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.
3. "Competitive Food" all food and beverages other than meals reimbursed available for sale to students on the School Campus during the School Day.
4. "Fundraisers" the sale of items for monetary gain intended for consumption during the school day.
5. "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.
6. "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.
7. "Non-program food" food sold in school during the school day at any time or location on the school campus other than reimbursable meals.
8. "Physical Activity" bodily movement produced by the contraction of skeletal muscle that increases a person's energy expenditure above a basal level.
9. "School Campus" all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

10. "School Day" the period from midnight until 30 minutes after the end of the official school day.
11. "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.
12. "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.
13. "Sweeteners" sweeteners or sugar substitutes, such as aspartame, sucralose, stevia-derived substances, are ingredients used to sweeten and in some cases enhance the flavor of foods.

REGULATION

1. Incentives & Rewards
 - a. The District strongly encourages schools and teachers to utilize other forms of incentives or rewards that are not food-based. If food is used as an incentive or reward, it is required that the food awards be in alignment with the Smart Snacks Nutrition Standards.
 - b. Food or beverages available during the school day shall not be withheld from a student as a form of punishment.
2. Fundraising
 - a. All items sold to students by the District on the school campus during the school day must meet the federal Smart Snacks Nutrition Standards. There are no exemptions for non-curriculum-based activities. Fundraiser exemptions may be allowed if it is a part of a curriculum-based activity. These exemptions must be submitted for prior approval according to District Wellness Policy.
3. Special Occasions
 - a. The District allows for exceptions to the wellness policy for special occasions or holidays, not to exceed twice per month. The following may be considered "special occasions":
 - i. Observances of state or national holidays;
 - ii. Established observances, including, but not limited to, Christmas, Hanukkah, and Kwanzaa;

- iii. School community observances, such as birthday parties, as part of a learning experience related to the reinforcement of established lesson plans in the classroom.
 - b. It is recommended that food be commercially prepared to minimize the risks of foodborne illnesses and to avoid known food allergens.
 - c. The sale of food as part of a business enterprise or fundraising activity during the school day is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.
 - d. See appendix for a list of Non-Food Ideas for Celebrations and Information and Considerations for Food Safety and Allergens.
4. Meal Consumption
- a. It is the intent of the District to allow each student adequate time to eat their meals, therefore, time spent acquiring the meal is not included in the time to consume the meal.
 - b. Each District school shall:
 - i. Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast); and
 - ii. Provide at least 20 minutes for each student to consume the lunch meal.

5. Physical Activity

- a. Schools shall provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day.
- b. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.
- c. Passing periods do not qualify as physical activity time.
- d. School personnel shall not use forced physical activity or withhold opportunities for recess and physical education, as a form of student discipline.

An IEP, 504 Plan, or Behavior Intervention Plan (BIP) may contain supports, safety measures, scheduling modifications, or activity restrictions that are necessary for a student's health and safety. Those plans generally should not be written to authorize withholding recess as punishment or discipline. If a student's plan requires a temporary limitation on physical activity for safety, health, sensory regulation,

behavioral intervention, or another disability-related reason, the plan should describe the need and the support.

6. Recess Before Lunch

- a. The District recommends that schools implement recess before lunch, but the decision is left to the discretion of each school. See appendix for Recess before Lunch Rationale.

7. Smart Snacks Nutrition Standards

- a. All foods and beverages available for sale or given away to students by the District 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).
- b. To be allowable, a snack or entree must meet the general nutrition standards:
 - i. Be a grain product containing >50% whole grains by weight or whole grains listed as the first ingredient on the food label; or
 - ii. The first ingredient on the food label is one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods;
 - iii. A combination food that contains at least ¼ cup of fruit and/or vegetable.
 - iv. If water is the first ingredient, the second ingredient must meet one of the above criteria.
- c. In addition to the above standards, the food must meet the nutrient standards for calories, sodium, fat, and total sugars:
 - i. Calories*:
 - 1. Snack/Side Item: 200 calories or less
 - 2. Entree: 350 calories or less
 - 3. **Calories are per item served and include any accompaniments (Condiments, toppings, etc.)*
 - ii. Sodium:
 - 1. Snack/Side Item: 200 mg or less
 - 2. Entree: 480 mg or less

iii. Total Fat:

1. Snack/Side Item: 35% of calories or less
2. Entree: 35% of calories or less

iv. Saturated Fat:

1. Snack/Side Item: Less than 10% of calories
2. Entree: Less than 10% of calories

v. Trans Fat:

1. Snack/Side Item: 0 grams
2. Entree: 0 grams

vi. Total Sugars:

1. Snack/Side Item: 35% by weight or less
2. Entree: 35% by weight or less

8. Beverages

- a. Allowable beverages vary by grade level and container size. There are no restrictions on the sale of any allowable beverage at any grade level during the school day anywhere on the school campus.
- b. Beverages for all grades:
 - i. Water – Plain, no size limit;
 - ii. Flavored Water: Zero calories, carbonated or uncarbonated, with no added sugar or sweeteners (artificial or otherwise). Allowable sizes: Up to 8 fl. oz. per serving for elementary school; Up to 12 fl. oz. per serving for middle and high school.
 - iii. Milk – Unflavored or flavored, unflavored low-fat, or flavored non-fat milk; Allowable sizes:
 1. Up to 8 fl. oz. per serving for elementary school;
 2. Up to 12 fl. oz. per serving for middle school and high school;

- iv. Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners); 100% fruit and/or vegetable juice may be carbonated or uncarbonated. Allowable sizes:
1. Up to 8 fl. oz. per serving for elementary school; and
 2. Up to 12 fl. oz. per serving for middle school and high school.

Beverage	Elementary School	Middle School	High School
Plain water	No Size Limit	No Size Limit	No Size Limit
Flavored water (0 calories, No sweeteners)	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 20 fl. oz.
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.
Low/No calorie beverages <5 calories/8oz.; <10 calories/20 oz.	N/A	N/A	≤ 20 fl. oz.
Lower calorie beverages <40 calories/8oz.; ≤60 calories/12oz.	N/A	N/A	≤ 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

9. Caffeine

- a. All foods and beverages provided by the District in elementary school and middle school must be caffeine-free, except for trace amounts of naturally-occurring caffeine substances (e.g. chocolate milk).
- b. The District does permit caffeine at the high school level when provided by the Food and Nutrition and Culinary programs.

10. Chewing Gum

- a. Chewing gum and any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing are prohibited in District schools.

11. Marketing

- a. 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).
- b. The District must identify and eliminate all marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards such as leases, agreements, or contracts as they are renewed, or items are replaced.

12. Revenue

- a. The District will maintain processes to track revenue from the sale of food on the school campus during the school day by one or both of the following methods:
 - i. 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; and
 - ii. Nevada Revised Statutes (NRS): The District shall comply with state guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established school district rules of practice.

13. Advisory Group on School Wellness

- a. The Safe and Healthy Schools Commission shall meet no less than twice annually to review and recommend updates to Administrative Regulation 5600 for the purpose of improving student health and wellness outcomes while also meeting the operational realities of the District.
- b. Annually, the Safe and Health Schools Commission, with support from the District's Student Wellness Coordinator, will advise and make recommendations to the Board of Trustees on the selection, measurement, and progress reporting for at least one goal from among the following categories:

- i. Nutrition promotion and education;
- ii. Physical activity; and/or
- iii. Other school-based activities that promote student wellness.

14. Student Wellness Coordinator

- a. The Student Wellness Coordinator will assist the staff liaison for the Safe and Healthy Schools Commission with respect to the implementation of Administrative Regulation 5600 and is responsible for implementation, oversight, and tracking of initiatives implemented by the Safe and Health School Commission under Administrative Regulation 5600.
- b. The Student Wellness Coordinator will provide information and support to school and District administrators regarding elements of the wellness policy that affect day-to-day school operations. The Student Wellness Coordinator will update the Safe and Health Schools Commission regarding these activities.
- c. The District will designate the position(s) responsible for reporting the status of policy implementation annually. The District will inform the Nevada Department of Agriculture (NDA) the name(s), position(s) and contact information for the person(s) responsible for the oversight of Administrative Regulation 5600 by September 30th of each school year. If the Student Wellness Coordinator changes during the school year, the District will notify NDA within 60 days.

15. Recordkeeping

- a. The District will retain basic records demonstrating compliance with Nevada's Local School Wellness Policy, including the following documentation:
 - i. A written and publicly available copy of Administrative Regulation 5600;
 - ii. Compliance with the requirements of Safe and Healthy Schools Commission, as established pursuant to Administrative Regulation 5600, and including the triennial assessment of Administrative Regulation 5600;
 - iii. Annual progress reports for each school under the jurisdiction;
 - iv. Documentation of foods sold at each school and proof of compliance with Smart Snack requirements (copies of food labels, calculator, etc.

- v. Compliance with public notification which includes: The website address for Administrative Regulation 5600 and/or how the public can receive/access a copy of Administrative Regulation 5600;
- vi. Compliance with community involvement including the Safe and Healthy Schools Commission, meetings and outreach, and a description of progress in meeting the wellness goals of Administrative Regulation 5600;
- vii. A summary of each school's events or activities related to the implementation of Administrative Regulation 5600.
- viii. The name, position(s), title, and contact information of the Student Wellness Coordinator ; and
- ix. Information on how individuals and the public can get involved with the Safe and Healthy Schools Commission.

16. Exceptions

- a. Any exception to this regulation which is granted to a student shall comply with state and federal laws and regulations, including, but not limited to the Individuals with Disabilities in Education Act (IDEA) and Section 504 of the Rehabilitation Act.

LEGAL REQUIREMENTS AND ASSOCIATED DOCUMENTS

1. This Administrative Regulation reflects the goals of the District's Strategic Plan and aligns/complies with the governing documents of the District, to include:
 - a. Board Policy 5600, Student Wellness; and
 - b. Board Policy 5800, Safe and Healthy Schools Commission.
2. This Administrative Regulation complies with Nevada Revised Statutes (NRS) and Nevada Administrative Code (NAC), and the requirements set forth by the Nevada Department of Agriculture in "Nevada's School Wellness Policy."
3. This Administrative Regulation complies with federal laws and regulations, to include:
4. Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, and Section 9A of the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), Local School Wellness Policy Implementation.

5. Nevada Department of Agriculture, Nevada School Wellness Policy (2024).

REVISION HISTORY

Date	Revision	Modification
4/18/2016	1.0	Adopted
5/26/2020	2.0	Revised
4/9/2025	3.0	Revised
8/27/2026	4.0	Revised: updated to align with Nevada Department of Agriculture School Wellness Policy