



**Responsible Office:** Office of Student Services

## **BOARD POLICY 5600**

### **STUDENT WELLNESS**

#### **PURPOSE**

The Board of Trustees (“Board”) supports a school environment that promotes sound nutritional practices, physical activity, healthy food choices, nutritional education, and other school-based activities that promote student health and well-being. The Washoe County School District (“District” or “WCSD”) will provide students with factual, current, evidence-based wellness education to complement their academic success and encourage long term health. Through this policy and any associated documents, the District seeks to provide transparency to the public on the content, implementation, evaluation, and monitoring of student wellness initiatives in the District.

#### **POLICY**

##### 1. Guiding Principles

- a. The District shall develop and implement student wellness goals and initiatives to provide a foundation of health and wellness knowledge and skills to aid students in making informed choices on nutrition, activity level and physical development.
- b. The Student Wellness Policy and its associated documents have been developed:
  - i. using current, evidence-based medical, physical activity and nutritional guidelines;
  - ii. to ensure consistency in implementation;
  - iii. To ensure compliance with state and federal laws and regulations.

##### 2. Guiding Practices

- a. The initiatives of the District’s Student Wellness Policy shall be available to all students.
- b. The student wellness goals and initiatives encourage consistent and positive health messages between the home and school by disseminating health information and the provisions of this policy to parents/guardians through

District or school newsletters, handouts, parent/guardian meetings, District and school web sites, and other communications. Outreach shall emphasize the relationship between student wellness and academic performance.

- c. The District's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum framework and content standards, and designed to build the necessary skills and knowledge that all students need to maintain a healthy lifestyle.
- d. Staff are encouraged to serve as positive wellness role models.
- e. The provisions of this policy may coincide with other school-based activities to include, but not limited to:
  - i. School Food and Nutrition;
  - ii. Nutrition Education;
  - iii. Health Education;
  - iv. Physical Education and Activity;
  - v. Healthy and Safe Environments;
  - vi. Social and Emotional Well-Being;
  - vii. Student Health Services;
  - viii. Family, School and Community Partnerships; and
  - ix. Staff Wellness.
- f. At each grade level, health and wellness education shall teach appropriate, medically-accurate information that builds on the knowledge and skills that were taught in previous grades.
- g. Parents/guardians will be provided information on the student wellness education provided to students.
- h. Student Wellness Advisory Committee
  - i. The District shall establish and maintain a Student Wellness Advisory Committee for the purpose of advising and making recommendations to the Superintendent on improved health and wellness outcomes for students.

- ii. Meetings of the Student Wellness Advisory Committee shall be subject to Nevada's Open Meeting Law. Additional information related to the composition, member duties and other operating procedures shall be documented through the committee's adopted bylaws.
- i. The District shall designate a student wellness coordinator to assist schools with the implementation of the student wellness initiatives.
- j. The District will retain basic records demonstrating compliance with the Student Wellness Policy and will meet state and federal recordkeeping and reporting requirements.

## **DEFINITIONS**

1. Wellness: the state or condition of being in good physical and mental health
2. Student Wellness Policy: policy designed to help achieve a state of well-being by providing services focused on the promotion or maintenance of an individual.
3. Student Wellness Advisory Committee: a Committee to represent the wellness interests and needs of the students and school community.
4. Student Wellness Coordinator: a person(s) responsible for the oversight of the local school wellness policy at the district and /or school level, who has the authority and responsibility to ensure that each school complies with the policy.

## **DESIRED OUTCOMES**

1. Through the creation of the Student Wellness Policy, the District seeks to ensure:
  - a. The Student Wellness Policy is a priority and a systematic effort;
  - b. School staff have skills necessary to support Student Wellness Policy goals;
  - c. Foods and beverages sold and served comply with the Student Wellness Policy, including food allergies, religious exceptions and other special occasions;
  - d. Student stakeholders are involved with Student Wellness Policy implementation;
  - e. Nutritional school meals are promoted as the meal of choice to all students;
  - f. School meals environment is pleasant and inviting;
  - g. Regular physical activity is promoted and encouraged;

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- h. Foods used as a reward are minimized or discontinued and foods offered during celebrations are healthier; and
  - i. Resources and budgets for equipment necessary to implement the policy are funded.
2. The Student Wellness Advisory Committee and the Student Wellness Coordinator will monitor school wellness policy to ensure its success, and the committee will keep abreast of current legislation and national trends.

### **IMPLEMENTATION GUIDELINES AND ASSOCIATED DOCUMENTS**

1. This Policy reflects the goals of the District's Strategic Plan and aligns/complies with the governing documents of the District, to include:
  - a. Administrative Regulation 5600, Student Wellness
2. This Policy 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 Policy complies with federal laws and regulations, to include:
  - a. 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.

### **REVIEW & REPORTING**

1. This document shall be reviewed as part of the bi-annual review and reporting process, following each regular session of the Nevada Legislature. The Board of Trustees shall receive notification of any required changes to the policy as well as an audit of the accompanying governing documents.
2. Administrative regulations, and/or other associated documents, will be developed as necessary to implement this policy.

### **REVISION HISTORY**

Date	Revision	Modification
12/08/2015	1.0	Adopted
6/06/2017	2.0	Revised: to clarify language related to the Student Wellness Advisory Committee