



**Responsible Office:** Office of Operations

## **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.

#### **DEFINITIONS**

1. Wellness refers to the state or condition of being in good physical and mental health
2. 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.

#### **POLICY**

1. 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.
2. The Student Wellness Policy and its associated documents have been developed:
  - a. using current, evidence-based medical, physical activity and nutritional guidelines;
  - b. to ensure consistency in implementation;
  - c. To ensure compliance with state and federal laws and regulations.
3. The initiatives of the District's Student Wellness Policy shall be available to all students.

4. 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.
5. 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.
6. Staff are encouraged to serve as positive wellness role models.
7. The provisions of this Policy may coincide with other school-based activities to include, but not limited to:
  - a. School Food and Nutrition;
  - b. Nutrition Education;
  - c. Health Education;
  - d. Physical Education and Activity;
  - e. Healthy and Safe Environments;
  - f. Social and Emotional Well-Being;
  - g. Student Health Services;
  - h. Family, School and Community Partnerships; and
  - i. Staff Wellness.
8. 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.
9. Parents/guardians will be provided information on the student wellness education provided to students.
10. The Superintendent shall adopt administrative regulations and/or procedures necessary to implement this Policy. That may include, but is not limited to:

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- a. Designation of a Student Wellness Coordinator to assist schools with the implementation of the student wellness initiatives.
  - b. Retention of basic records demonstrating compliance with the provisions of the Student Wellness Policy that will meet state and federal recordkeeping and reporting requirements.
  - c. Process for receiving input from student wellness stakeholders for the purpose of:
    - i. Reviewing the Student Wellness Policy goals and making suggestions to the corresponding Administrative Regulations
    - ii. Facilitating the implementation of the goals set within the Policy
    - iii. Making recommendations to Superintendent on improved health and wellness outcomes for students
  - d. Procedures to ensure foods and beverages sold and served by the District comply with District, Nevada, and federal requirements, including those related to food allergies, religious exceptions, and other special occasions;

### **LEGAL REQUIREMENTS 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.

### **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

5/26/2020	3.0	Revised: removes reference to the Student Wellness Advisory Committee
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