



## **WASHOE COUNTY SCHOOL DISTRICT STUDENT WELLNESS ADVISORY COMMITTEE**

Wednesday, August 15, 2018 at 5:45 p.m.

WCSD Administration Building

425 E. 9<sup>th</sup> Street, Board Room

Reno, Nevada 89512

### **AGENDA**

#### **1. OPENING ITEMS**

- 1.01 Call to Order - 5:45 P.M., WCSD Administration Building, 425 East 9th Street, Board Room, Reno, Nevada 89512
- 1.02 Roll Call
- 1.03 Public Comment - Comments from the public are invited at this time on topics not specifically addressed elsewhere in the agenda. A "Citizen's Request to Speak" card should be filled out and submitted to the Recording Secretary before speaking during the Public Comment section. All persons are limited to 3 minutes per item. In accordance with Open Meeting Law and on the advice of legal counsel, the public body is discouraged from discussing and precluded from deliberating and/or acting on items raised by Public Comment which are not already on the agenda. The public body may impose reasonable content-neutral restrictions on public comment such as willfully disruptive comments that are irrelevant, repetitious, slanderous, offensive, inflammatory, irrational, or amounting to personal attacks or interfering with the rights of other speakers. Correspondence or written materials submitted for public comment by the general public shall be attached to the minutes of the meeting.
- 1.04 Action to Adopt the Agenda (For Possible Action) – Items on this agenda may be taken out of order; the public body may combine two or more agenda items for consideration; and the public body may remove an item from the agenda or delay discussion relating to an item on the agenda at any time.

#### **2. DISCUSSION, PRESENTATION AND ACTION ITEMS** (Public comment: any individual may address the public body concerning any item listed below. A completed "Citizen's Right to Speak" card must be submitted to the public body at the meeting. During the discussion of each item on the agenda, the Chair will invite the individual to come forward to speak. Individuals are limited to three minutes per item.)

- 2.01 APPROVAL OF THE MINUTES OF THE MEETING OF THE STUDENT WELLNESS ADVISORY COMMITTEE OF MARCH 21, 2018 (FOR POSSIBLE ACTION)
- 2.02 PRESENTATION OF 2018-19 STUDENT WELLNESS CONTRACT RELATED TO THE DISTRICT'S WELLNESS MANAGEMENT POSITION AND PROPOSED STUDENT WELLNESS GOALS FOR THE 2018-19 SCHOOL YEAR: Wellness Goal 1 – Nutrition Promotion and Education, "provide education at school sites and in the community on "Smart Snack Standards" to increase understanding among teachers, students and parents"; Wellness Goal 2 – Physical Activity – develop and implement a site plan at each school that provides the opportunity for all students to participate in thirty (30) minutes of daily, moderate to vigorous physical activity; and, Wellness Goal 3 – School Based Activities that Promote Student Wellness, "in each school, document activities that are already

occurring that promote student wellness, as well as develop and pilot a system for collecting information annually" (FOR DISCUSSION ONLY)

- 2.03 PRESENTATION ON THE WOLF PACK COACHES CHALLENGE PROGRAM, WHICH PARTNERS WITH THE DISTRICT, THE WASHOE COUNTY HEALTH DEPARTMENT, AND UNIVERSITY OF NEVADA ATHLETICS TO ENCOURAGE PHYSICAL ACTIVITY AND FRUIT AND VEGETABLE CONSUMPTION BY ELEMENTARY SCHOOL-AGED STUDENTS (FOR DISCUSSION ONLY)
- 2.04 DISCUSSION AND POSSIBLE ACTION TO MAKE RECOMMENDATIONS TO THE SUPERINTENDENT RELATED TO POTENTIAL REVISION OF ADMINISTRATIVE REGULATION 5601, STUDENT WELLNESS, WHICH INCLUDES CLARIFICATION RELATED TO SMART SNACKS, STUDENT STORES, AND BEVERAGES (FOR DISCUSSION AND POSSIBLE ACTION)
- 2.05 DISCUSSION AND POSSIBLE ACTION TO RECOMMEND APPROVAL BY THE SUPERINTENDENT OF THE MEMBERSHIP RENEWAL OF CURRENT MEMBERS KELLI GOATLEY-SEALS AND STEVEN SHANE FOR AN ADDITIONAL TWO-YEAR TERM FROM JULY 1, 2018 THROUGH JUNE 30, 2020 (FOR POSSIBLE ACTION)

### **3. CLOSING ITEMS**

- 3.01 Announcement of Next Meeting: March 20, 2019, at the WCSD Administration Building, 425 East 9th Street, Board Room, Reno, Nevada 89512 at 5:45 p.m.
- 3.02 Public Comment - Comments from the public are invited at this time on topics not specifically addressed elsewhere in the agenda. A "Citizen's Request to Speak" card should be filled out and submitted to the Recording Secretary before speaking during the Public Comment section. All persons are limited to 3 minutes per item. In accordance with Open Meeting Law and on the advice of legal counsel, the public body is discouraged from discussing and precluded from deliberating and/or acting on items raised by Public Comment which are not already on the agenda. The public body may impose reasonable content-neutral restrictions on public comment such as willfully disruptive comments that are irrelevant, repetitious, slanderous, offensive, inflammatory, irrational, or amounting to personal attacks or interfering with the rights of other speakers. Correspondence or written materials submitted for public comment by the general public shall be attached to the minutes of the meeting.
- 3.03 Adjourn Meeting

Forum Restrictions and Orderly Conduct of Business: The Student Wellness Advisory Committee conducts the business of the Washoe County School District during its meetings. The presiding officer may order the removal of any person whose statement or other conduct disrupts the orderly, efficient or safe conduct of the meeting. Warnings against disruptive comments or behavior may or may not be given prior to removal. The viewpoint of a speaker will not be restricted, but reasonable restrictions may be imposed upon the time, place and manner of speech. Irrelevant and unduly repetitious statements and personal attacks which antagonize or incite others are examples of speech that may be reasonably limited.

Members of the public wishing to request supporting materials for this meeting or who are disabled and require special accommodations or assistance at the meeting are requested to notify the District's Department of Board Services by telephone at (775) 789-4621; by fax at (775) 348- 0304; or via email at [committees@washoeschools.net](mailto:committees@washoeschools.net) prior to the meeting date.

This agenda and supporting materials, when appropriate, have been posted at the following locations:

[www.washoeschools.net](http://www.washoeschools.net)

[www.boarddocs.com/nv/washoe/Board.nsf/Public](http://www.boarddocs.com/nv/washoe/Board.nsf/Public) State  
of Nevada website (notice.nv.gov)

WCSD Central Administrative Building Washoe

County Administration Building Washoe

County Courthouse

Reno City Hall Sparks

City Hall Sparks

Library

Pyramid Lake Paiute Tribe Administration Building Reno

Sparks Indian Colony Administrative Office

## Washoe County School District Student Wellness Advisory Committee Meeting Minutes

March 21, 2018

### 1. Opening Items

#### 1.01 Call to Order

The meeting of the Board Policy Committee was called to order at 5:48 p.m. by acting chair Kelli Goatley-Seals in the Board Room of the WCSD Administration Building, 425 East 9<sup>th</sup> Street, Reno, Nevada.

#### 1.02 Roll Call

Members Andrea Gregg, Kelli Goatley-Seals, Dr. Steven Shane, Anna Kanarowski, Fred Wright, Cindy Rainsdon, Alison Simcox and Patricia Carroll were present at roll call. Members Warren Lee, Carrie Lambourne, Catherine Polley, Stephen Wiggs, and Sue Egloff were absent. Committee liaison Dr. Dana Ryan was present.

#### 1.03 Public Comment

There was no public comment at this time.

#### 1.04 Action to Adopt the Agenda

**On motion by Fred Wright, second by Anna Kanarowski, the Student Wellness Advisory Committee approved the agenda after agreeing to omit item 2.04.**

(Yea: Andrea Gregg, Kelli Goatley-Seals, Dr. Steven Shane, Anna Kanarowski, Fred Wright, Cindy Rainsdon, Alison Simcox and Patricia Carroll). Final Resolution: Motion Carries 8-0

### 2. Discussion, Presentation, and Action Items

**2.01 Discussion And Possible Action To Select A Committee Chair For The Remainder Of The 2017-18 School Year And The 2018-19 School Year Ending June 30, 2019 From Current Membership: Steven Shane, Warren Lee, Carrie Lambourne, Catherine Polley, Anna Kanarowski, Stephen Wiggs, Fred Wright, Cindy Rainsdon, Alison Simcox, Sue Egloff, And Patricia Carroll (For Possible Action)**

Andrea Gregg has stepped down as chair of the committee due to her role in High Sierra Area Health Education Center (AHEC) and working with the school district. Fred Wright accepted the nominations from Anna Kanarowski and Andrea Gregg. **On motion by Dr. Steven Shane, second by Anna Kanarowski, the Student Wellness Advisory Committee elected Fred Wright for Chair.** (Yea: Andrea Gregg, Kelli Goatley-Seals, Dr. Steven Shane, Anna Kanarowski, Cindy Rainsdon, Alison Simcox and Patricia Carroll. Fred Wright abstained from voting.). Final Resolution: Motion Carries 7-0

## **2.02 Approval Of The Minutes Of The Meeting Of The Student Wellness Advisory Committee Of November 15, 2017 (For Possible Action)**

**On motion by Kelli Goatley-Seals, second by Dr. Steven Shane, the Student Wellness Advisory Committee approved the minutes with the correction on item 3.03, Andrea Gregg adjourned the meeting.** (Yea: Andrea Gregg, Kelli Goatley-Seals, Dr. Steven Shane, Anna Kanarowski, Fred Wright, Cindy Rainsdon, Alison Simcox and Patricia Carroll). Final Resolution: Motion Carries 8-0

## **2.03 Discussion And Possible Action To Recommend The Superintendent Approve Changes To The Committee Bylaws, To Include Updating References To The Annual Meeting Schedule And The Application And Selection Process To Fill Vacant Positions (For Possible Action)**

Changes were made to bring the Student Wellness Advisory Committee in alignment with all the district committees. Changes to the bylaws can be found on page 2 under Composition, page 3 under Voting Memberships, and page 7 under Meetings. The bylaws can be accessed on the committee website (<https://www.washoeschools.net/Page/4703>) in the meeting packet for the March 21, 2018. **On motion by Alison Simcox, second by Anna Kanarowski, the Student Wellness Advisory Committee approved the changes to the bylaws.** (Yea: Andrea Gregg, Kelli Goatley-Seals, Dr. Steven Shane, Anna Kanarowski, Fred Wright, Cindy Rainsdon, Alison Simcox and Patricia Carroll). Final Resolution: Motion Carries 8-0

## **2.04 Discussion Of Proposed Changes To Administrative Regulation 5600, Student Wellness (For Discussion Only)**

Item omitted from agenda.

## **2.05 Presentation Of Progress Toward 2017-18 Student Wellness Goals: Wellness Goal 1 - Nutrition Promotion And Education, "Provide Education At School Sites And In The Community On "Smart Snack Standards" To Increase Understanding Among Teachers, Students And Parents;" Wellness Goal 2 - Physical Activity – Develop And Implement A Site Plan At Each School That Provides The Opportunity For All Students To Participate In Thirty (30) Minutes Of Daily, Moderate To Vigorous Physical Activity; And, Wellness Goal 3 - School Based Activities That Promote Student Wellness, "In Each School, Document Activities That Are Already Occurring That Promote Student Wellness, As Well As Develop And Pilot A System For Collecting Information Annually" (For Discussion Only)**

High Sierra AHEC partnered with the Nevada Department of Agriculture to provide a *How to: WCSD Student Wellness Policy Tracking Tool* webinar in December and January. AHEC provides monthly newsletters to school administration with report reminders, upcoming events, and clarifications regarding the policy and community resources. A physical

education piece is incorporated in the newsletters which provides school sites with tools and resources to duplicate and implement various strategies to help schools be compliant with 30 minutes a day of physical activity. In addition, AHEC will be offering special newsletter addressing most commonly asked questions and concerns, developed in partnership with other involved in the policy. School sites are now able to access the mandated reporting tool throughout the school year and save the information before submitting. The recorded webinar and newsletter will be available for everyone to access at [washoeschools.net/studentwellness](http://washoeschools.net/studentwellness). AHEC has been present at community events throughout the school year to increase awareness about Student Wellness and healthy habits among students and parents. This includes an interactive presentation at *Chart the Course* in February.

### **2.06 Community Presentation On Upcoming Nevada Department Of Agriculture (NDA) Wellness Conference For Washoe County School District (For Discussion Only)**

The NDA will be hosting a Wellness Conference on March 23, 2018 from 8:00am – 4:00pm at Truckee Meadows Community College. The conference is free of charge and all the sessions will be streamed live for those who cannot attend the conference. The conference will provide training to administrators, coordinators and teachers on the Student Wellness Policy. The Department of Agriculture, the Department of Education, a keynote speaker from Alliance for Healthier Generation and Dr. Steven Shane will be present. The conference will be available after on the NDA's YouTube channel.

## **3. Closing Items**

**3.01 Announcement of Next Meeting:** The next meeting of the Student Wellness Advisory Committee will be May 16, 2018.

### **3.02 Public Comment**

No public present.

### **3.03 Adjourn Meeting**

There being no further business, Chairperson Fred Wright adjourned the meeting at 6:43 p.m.



## Administrative Regulation 560~~10~~<sup>19</sup>

### 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.

#### REGULATION

##### General Provisions

1. For the purposes of this administrative regulation,
  - a. The term "school day" ~~shall~~refers to the time from midnight until 30 minutes after the end of the official school day.
  - b. The term "school campus" refers to all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
  - c. The term "school property" refers to any District property including those 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.
2. Student Wellness Goals
  - a. Annually, the District, ~~Student Wellness Coordinator~~ in collaboration with the Student Wellness Advisory Committee, will select, measure, and report progress for one goal from each of the following categories:
    - i. Nutrition promotion and education;
    - ii. Physical activity; and
    - iii. Other school-based activities that promote student wellness.
3. Smart Snacks Nutrition Standards
  - a. The Smart Snack Nutrition Standards are part of the Healthy Hunger-Free Kids Act of 2010 ~~that and~~ provide science-based nutrition standards for all foods and beverages sold to students in school during the school day.

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- b. 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 as established by state and federal regulations. These food standards apply to all grade levels (unless otherwise specified).
- c. To be allowable, a food item must meet **all** of the competitive food standards ~~as follows:~~related to calories, sodium, fat, and sugar.
- i. Information related to smart snacks can be found on the U.S. Department of Agriculture website at: <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>
- d. Generally, the Department of Nutrition Services shall be responsible for compliance with these standards and may be consulted with any questions about specific items.
- i. ~~Calories:~~
- ~~• Snack/Side Item ≤200 calories per item as served (includes any accompaniments)~~
  - ~~• Entrée ≤350 calories per item as served (includes any accompaniments)~~
- ii. ~~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~~
- iii. ~~Fat:~~
- ~~• Total Fat ≤35% of calories~~
  - ~~• Saturated Fat <10% of calories~~
  - ~~• Trans Fat 0 g per serving~~
- iv. ~~Sugar:~~
- ~~• Total Sugar <35% by weight~~
4. Specific Nutrient Standards for Food
- a. In addition to the Smart Snacks Nutrition Standards, food items **must meet one** of the following criteria:
- i. 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
- ii. 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
- iii. Be a combination food that contains at least 1/4 cup fruit and/or vegetable; or

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- iv. Contain 10% Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber (Effective through June 30, 2016).
  - b. If water is the first ingredient, the second ingredient must meet one of the above criteria.
5. 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. ~~See appendix for Smart Snack Approved Products list.~~
6. Fundraising and Student Stores
- a. All items sold to students on the school campus during the school day must meet the federal Smart Snacks Nutrition Standards. There are no exemptions. This includes, but is not limited to: fundraising opportunities, student stores and other business enterprises, and vending machines.
7. 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 including, but not limited to, Christmas, Hanukah, and Kwanzaa;
    - ii. School community observances, such as birthday parties; and
    - iii. 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 risks of food borne illnesses and to avoid known food allergens.
  - ~~c. The sale of foods 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.~~
8. 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.

#### 9. 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. At the discretion of the principal, a student may be removed from the general student population during recess. An alternative physical activity will be substituted when possible.

#### 10. 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.~~

#### 11. Beverages

- a. 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.
- b. Beverages for all (see chart below):
  - ~~i. Water — Plain, no size limit~~
  - ~~ii. Milk — Unflavored non-fat, unflavored low-fat, or flavored non-fat milk~~
    - ~~1. ≤8 fl. oz. per serving for elementary school~~
    - ~~2. ≤12 fl. oz. per serving for middle school and high school.~~

~~iii. Juice — 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners)~~

~~1. ≤ 8 fl. oz. per serving for elementary school~~

~~2. ≤ 12 fl. oz. per serving for middle school and high school allowable.~~

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

c. Other Allowable Beverages – High School Only

i. Non-Carbonated Calorie-free beverages (≤20 fl. oz./serving);

~~Examples: Vitamin Water Zero, Propel Fit Water, Powerade Zero~~

ii. 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~~

iii. 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~~

## 12. Caffeine

a. 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 (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.

## 13. 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.

#### 14. 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~~ shall identify and eliminate all marketing and advertising on school property which does not meet ~~currently meet the~~ Smart Snacks Nutrition Standards as items are replace or such as applicable leases, agreements, or contracts ~~as they are renewed or items are replaced~~.

#### 15. 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.
  - 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.

#### 16. Advisory Group

- a. The District shall establish and maintain a Student Wellness Advisory Committee. Composition and governing procedures shall be established through adopted bylaws and approved by the Superintendent. ~~The bylaws and rules of procedure for the operation of the advisory committee are described in Administrative Procedure 1231.~~

#### 17. Student Wellness Coordinator

- a. The Student Wellness Coordinator will serve in an administrative capacity with the Committee and is responsible for oversight of the Student Wellness administrative regulation. The District will inform the Nevada Department of Agriculture (NDA) by September 30th of each school year the name and contact information for the Student Wellness Coordinator

and if there is a change in leadership during the school year the District will notify NDA within 60 days.

#### 18. Recordkeeping

- a. The District will retain basic records demonstrating compliance with Nevada's Local School Wellness Policy, including the following documentation:
  - i. Compliance with the requirements of advisory group representation;
  - ii. Triennial assessment of the Student Wellness Administrative Regulation;
  - iii. Annual progress reports for each school under the jurisdiction;
  - iv. Compliance with public notification which includes:
    1. The website address for the Student Wellness Administrative Regulation and/or how the public can receive/access a copy of the Regulation;
    2. A description of each school's progress in meeting the local school wellness goals;
    3. A summary of each school's events or activities related to Student Wellness Administrative Regulation implementation;
    4. The name, position(s)/title, and contact information of the designated Student Wellness Coordinator at the district and/or school level; and
    5. Information on how individuals and the public can get involved with the Student Wellness Advisory Committee.

#### 19. Exceptions

- a. Any exception to this regulation which is granted to a student shall comply with state and federal laws and regulations, such as the Individuals with Disabilities in Education Act (IDEA) and Section 504 of the Rehabilitation Act.

### 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. 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.~~

~~6.5.~~ 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.

~~7.6.~~ 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.

~~8.7.~~ Non-program food - food sold in school during the school day at any time or location on the school campus other than reimbursable meals.

~~9.8.~~ Physical Activity - bodily movement produced by the contraction of skeletal muscle that increases a person's energy expenditure above a basal level.

~~10. School Campus — all areas of the property under the jurisdiction of the school that are accessible to students during the school day.~~

~~11. School Day — the period from the midnight before, to 30 minutes after the end of the official school day.~~

~~12. 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.~~

~~13. 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.~~

## DESIRED OUTCOMES

1. Through the adoption of this administrative regulation, the District shall ensure compliance with Board Policy 5600, Student Wellness, and state and federal laws and regulations related to student health and nutrition.

### **IMPLEMENTATION GUIDELINES & ASSOCIATED DOCUMENTS**

1. This administrative regulation reflects the goals of the District's Strategic Plan.
2. This administrative regulation aligns with the governing documents of the District, to include:
  - a. Board Policy 5600, Student Wellness
3. 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."
4. This administrative regulation 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 AND REPORTING**

1. This administrative regulation 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 guiding policy as well as an audit of the accompanying governing documents.
2. Additional administrative regulations and/or other associated documents may be developed as necessary to implement and support this administrative regulation.

### **REVISION HISTORY**

Date	Revision	Modification
4/18/2016	1.0	Adopted