



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) will provide students with factual, current, evidence-based wellness education to complement their academic success and encourage long term health. Through this Board Policy, 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 Board 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. This Board Policy has 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 District will provide parents/guardians information on the student wellness education provided to students. This outreach shall emphasize the relationship between student wellness and academic performance.
4. 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.
5. The District's nutrition education and physical education programs shall be:
 - a. Based on research;
 - b. Consistent with the expectations established in the state's curriculum framework and content standards; and
 - c. Designed to build the necessary skills and knowledge that all students need to maintain a healthy lifestyle.
6. The provisions of this Board 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.
7. The Board hereby directs the Superintendent to adopt an Administrative Regulation to implement and maintain the purpose of this Board Policy. The Superintendent shall include in the Administrative Regulation the following provisions:

- a. Advisory Group to advise the Office of Operations on the Student Wellness Policy;
- b. Wellness Policy Coordinator;
- c. Recordkeeping;
- d. School Wellness Policy Goals;
- e. Incentives and Rewards;
- f. Fundraising;
- g. Special Occasions;
- h. Revenue;
- i. Meal Consumption;
- j. Physical Activity;
- k. Recess before Lunch;
- l. Marketing;
- m. Smart Snacks Nutrition Standards;
- n. Specific Nutrient Standards for Foods;
- o. Beverages;
- p. Caffeine;
- q. Chewing Gum; and
- r. Other provisions deemed necessary for implementation of this Board Policy.

LEGAL REQUIREMENTS AND ASSOCIATED DOCUMENTS

1. This Board 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."
2. This Board 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
06/06/2017	2.0	Revised: Clarify language related to the Student Wellness Advisory Committee
05/26/2020	3.0	Revised: Removes reference to the Student Wellness Advisory Committee
05/24/2022	4.0	Revised: Deleted language related to dissolved Student Wellness Advisory Committee and formatted pursuant to BP 9070.