



# **Vegas Vista Academy**

## **LOCAL SCHOOL WELLNESS POLICY**

### **Introduction/Acknowledgements**

Vegas Vista Academy's school wellness policy was based on and developed using USDA's Smart Snacks Nutrition Standards for all Foods Sold in Schools, Interim Final Rule and the Local School Wellness Policy Implementation, Proposed Rule as required by the Healthy, Hunger-Free Kids Act of 2010. Under federal law, school districts that receive reimbursement from USDA for child nutrition programs must develop their local school wellness policies to address all of the federal and state requirements.

Vegas Vista Academy (VVA) has a specific focus on Wellness. A large part of this is access to nutrition and getting in the habit of making healthy food choices, as well as guaranteeing access to healthy food for every student and family. There is overwhelming data supporting the correlation between food and student behavior, and we believe that by providing our students with healthy food they will be able to be more focused and successful.

### **Section 1: Advisory Group**

#### **1. School Wellness Coordinator:**

The School Wellness Coordinator is an employee of Vegas Vista Academy and fully understands the local school wellness requirements and facilitates the development and implementation of the policy. The coordinator(s) are required to update the school wellness policy as the nutrition standards evolve. This employee has the authority to ensure that their school(s) complies with the policy.

The School Wellness Coordinator will also be responsible for Recordkeeping and keeping on file basic records demonstrating compliance with the LSWP including the following: Compliance with advisory group requirements, triennial assessment of the LSWP, annual LSWP progress reports for each school under the jurisdiction, demonstration of compliance with public notification.

Vegas Vista Academy Wellness Coordinator is: Matthew Gramke.



View the Wellness Policy here: [www.vegasvistaacademy.org](http://www.vegasvistaacademy.org)

## **2. Public Involvement Community:**

VVA recognizes that community involvement enhances the committee and invites parents, students, teachers, school health professionals, representatives of the school food program staff, and the general public to participate in the development, implementation and periodic review of the local school wellness policy. The goal is to establish a diverse school wellness team.

### **Advisory Group Members:**

<b><u>Name:</u></b>	<b><u>Role/Relationship to School</u></b>
1.Matt Gramke	Wellness Coordinator
2.Dr. Feinstein	Executive Director
3.Ruby Howell	Teacher
4.Jesus Martinez	Kitchen Assistant
5.Bryan Minoth	Teaching Assistant
6.Chelsey Madison	VVAFO President
7.Elena Fabunan	VVA Board Vice President
8.Tim Myers	Teacher/PE Specialist

## **Section 2: Local School Wellness Policy**

### **Nutrition Promotion and Education Goals**

1. Implement standard-based nutrition education.
  - a. Focus on students' eating behaviors.
  - b. Based on theories and methods proven effective by published research
  - c. Consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework.
2. Connect nutrition education with existing curriculums.
  - a. Part of comprehensive school health education
  - b. Include in other content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects.
  - c. Incorporate nutritional themes into daily lessons, when appropriate, to reinforce and support healthy messages.
  - d. School meal programs or other school foods (school cafeteria)
  - e. Nutrition-related community services that occur outside the classroom.



- f. Link classroom nutrition education to the larger school community, such as school gardens, cafeteria-based nutrition education, fresh fruit and vegetable program, and after-school programs.
  - g. Assess lessons against states/districts educational goals and curriculum standards.
3. Educational reinforcement
- a. Collaborate with agencies and groups conducting nutrition education in the community to provide consistent messages to students and their families.
  - b. Provide opportunities for students to volunteer in nutrition related fields.
    - i. food recovery efforts
    - ii. preparing nutritious meals for home-bound people
  - c. Supply information to parents, students and staff members about community programs that offer nutrition assistance to families.
  - d. Establish nutrition, physical activity and body-size acceptance to achieve academic success and lifelong wellness.
  - e. Model healthy eating and physical activity behaviors.
  - f. Implement a healthy vending initiative in staff vending machines.

## **Section 2: Local School Wellness Policy**

### **Physical Activity Goals**

#### **Promoting and Providing Physical Activity in Nevada Schools**

Regular engagement in physical activity is important for children's growth, development, and health. The National Physical Activity Guidelines (2008) indicate children should engage in moderate to vigorous physical activity at least 60 minutes each day. Far too many children, including Nevada's children, do not.

- 1. Connect physical activity experiences with existing curriculums.
  - a. Part of comprehensive school health education
  - b. Also included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects
  - c. Incorporate physical activity themes into daily lessons, when appropriate, to reinforce and support health messages.
  - d. Physical education programs to provide PE minutes as part of the school curriculum.
    - i. Numerous authorities recommend that elementary children receive PE daily and for a total of 150 minutes per week and secondary students receive PE for a total of 225 minutes per week.
  - e. Physical activity that occurs outside the classroom
    - i. Provide access to loose equipment and provide strategic playground or game markings on surfaces.



- f. Link school's physical activity to the larger school community, such as after school programs, club or intermural sports, and team sports.
  - g. Assess school environment against state's/district's educational goals and curriculum standards.
- 2. Physical Activity Promotion
  - a. Conduct physical activities and promotions that involve parents, students and the community.
    - i. Field Day, Walk-a-thon, Jump rope-a thon, Mileage club.
  - b. Participate in programs that promote and reinforce student health .
    - i. Team Nutrition
    - ii. Healthier US School Challenge
    - iii. Alliance for a Healthier Generation

## **Section 2: Local School Wellness Policy**

### **Goals for Other School-Based Activities**

#### **Promoting and Providing Opportunities to Improve Student Wellness**

Providing a consistent and clear message to students through promotion of school wellness during the school day, but also after school and on weekends for special events. Students often look to their parents, teachers, and other authority figures to develop habits that will last them a lifetime. By offering fun activities that encourage health and wellness, it will reinforce lifelong habits for a healthy lifestyle.

- 1. Incorporate Sustainable Food Practice Opportunities
  - a. Use locally grown or seasonal food, school gardens and reducing the waste stream
  - b. Start a School Garden/Farm to School program
    - i. Across the country, an increasing number of schools and districts have begun to source more foods locally and to provide complementary educational activities to students that emphasize food, farming, and nutrition
  - c. Bring local or regionally produced foods into school cafeterias; hands-on learning activities such as school gardening, farm visits, and culinary classes; and the integration of food-related education into the regular, standards-based classroom curriculum.
  - d. Maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.
    - i. Each school in the district will have a recycling program
  - e. Explore “Non-Disposable Tableware” options with the food service program
- 2. Establish additional wellness practices within the school environment:
  - a. Conduct a Taste Testing/Ongoing Sampling Program
  - b. When creating new recipes, menu items, or offering “Smart Snack” choices at a campus, hold a taste test with students for their input and feedback.



- i. Serve small, sample-sized portions to students during breakfast or lunch and advertise the results of the taste test when offering the new food item on the menu.
    - ii. Utilize existing student leadership clubs, culinary students or other student groups to facilitate and/or participate with the sampling events.
  - c. Incorporate Harvest of the Month into the existing curriculum which features nutrition education tools and resources to support healthy lifestyle habits like eating fruits and vegetables.
  - d. Actively engage families as partners in their children's education and recognize their fundamental role in promoting and protecting their health and well-being.
    - i. Support parents' efforts to provide a healthy diet and encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
  - e. Add additional sites for of the Fresh Fruit and Vegetable Program (FFVP)
    - i. The FFVP exposes children to a wide variety of fresh fruits and vegetables.
    - ii. Elementary schools that have greater than 50% eligible free and reduced lunch students are eligible to apply annually for this program.
3. Develop School Wide Wellness Promotions for Students:
  - a. Hold a poster contest on wellness topics.
    - i. Nutrition, Physical Activity, or other related wellness areas
  - b. Develop a school wellness campaign.
    - i. Develop public announcements to be read to the students such as "Healthy Tip of the Day or Week" .
  - c. Adopt a marquis or bulletin board for wellness tips
    - i. During National Nutrition Month (March), Ride your Bike to School Day (May), or Walk to School Day (Oct)
  - d. Create a Jog-a-thon, Walk-a-thon, Jump-rope-a-thon activities and incorporate healthy snacks at the event.
4. Promote Staff Wellness Opportunities within the School/District
  - a. Offer staff wellness programs
    - i. Workshops and presentations on health promotions.
    - ii. Education and resources that will encourage healthy lifestyles, reduce chronic disease, and promote role modeling
  - b. Establish or enhance fitness opportunities for staff
    - i. Walking clubs or fitness challenges
  - c. Promote staff wellness initiatives
    - i. Outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff
  - d. Maximize wellness programs within school or district's worksite wellness programs
    - i. Health fairs and work-based opportunities for all staff



## **Section 2: Local School Wellness Policy Goals Action Plan**

*Details of VVA's Action Plan will be created by the committee once we are able to meet.*

<b>Goal</b>	<b>Steps to Achievement</b>	<b>Lead Person(s)</b>	<b>Due Date</b>	<b>Resources Needed</b>	<b>Evidence of Success</b>
Nutrition Goals	TBD by Committee	Ruby Howell	TBD	TBD	TBD
Physical Activity Goals	TBD by Committee	Tim Myers	TBD	TBD	TBD
Wellness Goals	TBD by Committee	Matt Gramke	TBD	TBD	TBD

## **Section 3: Meal Consumption**

Many students find that they do not have ample time to get their food and eat it during the allotted lunch period. Our goal is to provide designated time for all students to consume their meal while at school.

We understand that some students eat more quickly than others do and for some, this still may not prove to be enough time for them to completely finish eating. This does not require that all students sit for the entire time, but that students who need it are given at least **15 minutes** to consume their breakfast, and **20 minutes** to consume their lunch meals.

Below are some benefits of providing adequate seat time to all students in our school:

- Reduces food waste
- Increases total intake of all macronutrients
- School administrators should provide enough time for students to eat, so they are able to benefit from the consumed calories throughout the remainder of the school day.

### **Recess Before Lunch**

Why Recess Before Lunch?



1. When recess is scheduled before lunch, elementary school children consume significantly more food (more calories and total nutrients) and have less plate waste than children who have recess after lunch.
  - a. In addition to this, nurses have reported fewer students coming into their office for low blood sugar or tummy aches when recess is before lunch.
2. Recommendations:
  - a. It is recommended that elementary school administrators schedule recess before lunch to offer students the opportunity to consume a well-balanced meal and receive the maximum benefit for the remainder of the day.
  - b. In Nevada schools that have implemented recess before lunch, we encourage you to continue to provide recess before lunch.

## **Section 4: Physical Activity**

Children spend a large part of their waking day at school, and it is important for them to have ample opportunities for physical activity while they are there. Physical education and recess provide opportunities for children to be active.

Our school strives to incorporate at least 30 minutes of Physical Activity into each school day in the following ways:

1. Implement Activity Bursts/Breaks in the Classroom
  - a. Establish one to three 5-10 minute activity breaks per day
  - b. Jumping jacks, march in place, dance to music
2. Integrate Physical Activity into the Academic Curriculum
  - a. During science or anatomy lessons allow students to use various body parts
  - b. When talking about muscle groups, have the students perform a few exercises to show which muscle groups are being used (squats, sit-ups, bicep curls)
3. Health Education
  - a. Have students learn about their heart rate and how exercise increases it
  - b. Have students run a lap around the school and take their heart rate before and again after. Instruct students to compare the difference in heart rates and explain why exercise will raise the heart rate. For older students you could talk about the optimal heart rate to burn fat, gain muscle and the long-term benefits of cardiovascular exercise.
4. Physical Education
  - a. Provide recommended physical education minutes per week.
  - b. Instructional delivery by certified instructors
  - c. Challenge another class to a sport or activity, participate in a contest or relay, learn the rules to various sports games or activities.
5. Recess
  - a. Instructional delivery by trained recess supervisors



- b. Provide students with at least 20 minutes of recess each day.
  - c. Provide students with ample loose equipment and provide strategic playground or game markings.
- 6. School Athletic Programs, Extra-curricular Programs, Before and After School Programs
  - a. Transportation to and from school including support for active transport.
  - b. Walking or bicycling to and from school, make bike racks available.
- 7. Teachers as Role Models
  - a. If teachers walk around the playground at lunch students are more likely to do the same, teachers can get involved in physical activities and encourage students to as well.

The school takes measures to ensure all students have access to physical activity programs offered in school.

## **Section 5: All Foods Sold or Provided on the School Campus**

**All foods sold or given away to students on the school campus during the school day must meet the Smart Snacks Nutrition Standards.**

Smart Snacks Nutrition Standards include specific nutrient standards for food items that restrict the following: total calories, total fat, saturated fat, trans-fat, sodium, and total sugar.

A food item's first ingredient must be from one of the main food groups: fruit, vegetable, whole grain, dairy, or protein.

These standards apply to any foods sold or given away on the school campus, during the school day. This includes foods sold as part of a fundraiser and any foods that are given away to students on the school campus during the school day.

### **Revenue:**

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.

### **Smart Snacks Nutrition Standards**

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. These food standards apply to all grade levels (unless otherwise specified).

To be allowable, a food item must meet all of the competitive food standards as follows:

Calories:

Snack/Side Item- ≤200 calories per item as served (includes any accompaniments)

Entrée- ≤350 calories per item as served (includes any accompaniments)

**AND**





Sodium:

Snack/Side Item-  $\leq 200$  mg

Entrée-  $\leq 480$  mg per item as served

**AND**

Fat:

Total Fat-  $\leq 35\%$  of calories

Saturated Fat- 0 g per serving

**AND**

Sugar:

Total Sugar-  $< 35\%$  by weight

In addition to the Smart Snacks Nutrition Standards, food items must meet one of the following criteria;

- 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
- 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
- Be a combination food that contains at least  $1/4$  cup fruit and/or vegetable; OR
- Contain 10% of Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber.
- \*If water is the first ingredient, the second ingredient must meet one of the above criteria.

### **Beverages**

Allowable beverages vary by grade level and address 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.

Beverages for all:

Water– Plain, no size limit

Milk– Unflavored non-fat, unflavored low-fat, or flavored non-fat milk,  $\leq 8$  fl. ounces per serving for elementary school,  $\leq 12$  fl. ounces per serving for middle school and high school.

Juice– 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners),  $\leq 8$  fl. ounces per serving for elementary school,  $\leq 12$  fl. ounces per serving for middle school and high school.

## **Section 5: All Foods Sold or Provided on the School Campus** **Special Occasions/Holiday Celebrations**

### **Benefits of Healthy Celebrations**



To provide the best learning environment for students, our school supports healthy behaviors, such as healthy classroom celebrations that promote positive eating habits.

Research has shown that good nutrition is linked to better behavior and academic performance.

School staff and parents are encouraged to help get students excited about nutritious food. Providing healthy snacks supports positive messages about eating well, rather than contradicting them.

### **Best Practices for School Celebrations**

The Smart Snack Nutrition Standards require schools to designate the frequency of exempt days to be allowed to celebrate special occasions. This includes holidays, birthdays, class parties, etc. (Pep rallies and student organization meetings will not be considered a special occasion and therefore are not appropriate for exemption).

## **Section 6: Fundraising**

### **Best Practices for Fundraising**

The new school wellness policy requires that all food and beverages sold to students on the school campus during the school day must meet Smart Snack Nutrition Standards. Selling healthy snacks reinforces good habits and promotes health and wellness. Providing healthy products during fundraising events continues to highlight healthy behaviors.

Below are some healthy fundraising strategies that are allowed on campus:

1. Wrapping paper
2. Candles
3. Coupon books
4. Students can plant, grow and harvest vegetables, fruit, seeds or flowers and sell them as a fundraiser
5. Students could sell their original crafts or art work
6. Schools can have a walk-a-thon, fun run, field day or juggling contest
7. Schools can have a car wash or golf tournament
8. Schools can sell Logo Gear (T-shirts, Hats, Bags, Mugs etc.)
9. Schools can host a game night, carnival, rummage sale, silent auction

There are no limits on food and beverage fundraisers held during the school day if items sold are intended for **consumption outside of the school day**.



## **Section 7: Incentives and Rewards**

Rewards support student health when they involve using non-food items or activities to recognize students for their achievement or good behavior.

Examples of non-food incentives or rewards are listed below:

1. Stickers
2. Sit by friends
3. Teach the class
4. Have extra art time
5. Enjoy class outdoors
6. Have an extra recess
7. Play a favorite game or puzzle
8. Walk with a favorite provider during a transition
9. Eat lunch outdoors/have a picnic
10. Eat lunch with a teacher or principal
11. Be a helper during class
12. Dance to music in the classroom
13. Take a field trip
14. Teacher will read their favorite book
15. Praise or recognition

## **Section 8: Marketing**

Only marketing consistent with the Smart Snacks Nutrition Standards is allowed on the school campus during the school day. By marketing Smart Snack approved products, students will become familiar with MyPlate, food groups, and model healthy eating.

Healthy Marketing Ideas that are allowed:

1. Allow students to participate in creating posters with nutritious food
  - a. Decorating MyPlate posters or painting a fruits and vegetables rainbow
2. Take turns allowing different classrooms to draw their favorite healthy foods to be displayed in the cafeteria during lunch
3. Have students write down their own nutrition tips and display them around the classroom or cafeteria
4. Invite local farmers to talk about planting and harvesting fruit and vegetables
  - a. Reinforce this by serving those foods in the cafeteria
  - b. Promote healthy school meals during the morning announcements, in the monthly school newsletter, or other school communications to students and parents to increase meal participation



### **Section 9: Incentives or Penalties for Violations of the LSW Policy**

- The school will give special recognition to classrooms or students that excel in local school wellness policy implementation

### **Section 10: Other Wellness Initiatives**

- Every student and staff member will set personal wellness goals in each of the dimensions of wellness, and visit them throughout the school year. Goals will be reflected upon at the end of the school year.
- Students will also participate in individual community projects, many of which will incorporate aspects of wellness.
- Staff will have a Wellness Friday every week, which will feature a different specific wellness activity every week.