

**FREEDOM CLASSICAL ACADEMY  
POLICY NO. 2402  
WELLNESS POLICY**

**I. Introduction**

The Nevada Department of Agriculture (NDA) developed Nevada's School Wellness Policy based on the policy requirements in section 204 of the Healthy Hunger-Free Kids Act (HHFKA) of 2010 and the final rule Local School Wellness Policy (LSWP) Implementation Under the HHFKA of 2010. These federal standards are subject to change. As changes are made, Nevada's School Wellness Policy will be updated to comply with the federal minimum requirements. Under federal law, Local Educational Agencies (LEAs), also known as school districts, that receive reimbursement from the United States Department of Agriculture (USDA) for child nutrition programs must develop a local school wellness policy. The LSWP must include the federal and state specific topics detailed in this document. This Policy does not encompass all aspects of the school environment that affect school wellness, and local LEAs are encouraged to include other areas in their policies as applicable. As updates to the Nevada School Wellness Policy are made, LEAs must also update their policies to include the minimum required information.

The HHFKA directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. These nutrition standards are called Smart Snacks in Schools. These standards support efforts by school food service staff, school administrators, teachers, parents and the school community, who all work together to instill healthy habits in students. Smart Snacks in Schools covers all food items sold in schools. Food sold during the school day on school campus in locations including, but not limited to, school stores, vending machines, bake sales and snack bars must meet the minimum federal regulations as laid out in the Smart Snacks Nutrition Standards. The intent of these standards is not to limit popular snack items, but instead to make healthier snacks available to students.

USDA requires that a local advisory group be formed to address the development, implementation, periodic review and update of the LSWP. LEAs must have a plan to include representatives from the following categories as part of their advisory group: parents, students, school food service, physical education teachers, school health professionals, school board, school administrators and the general public (which may include a local dietitian, medical professional, business owner, community leader, farmer, etc.). The LEA must inform the public (including parents, students and others in the community) of the content and implementation of the LSWP and any updates to the policy available to the public on an annual basis. The LSWP must include goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness. LEAs must designate one or more school official(s) to ensure that each school complies with the LSWP. The LEA must inform the NDA of the name(s), position(s) and contact information of the person(s) responsible for the oversight of the LSWP at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes during the school

year, the LEA must notify NDA within 60 days. The LEA in this Wellness Policy may be hereby referred to thereafter as Freedom Classical Academy.

## **II. Advisory Group/Group Wellness Committee**

Freedom Classical Academy will establish a diverse team made up of committed school and community stakeholders, commonly referred to as the school wellness committee. This group is responsible for assessing the needs of the LEA and developing a policy that meets the operational realities of the LEA. This policy, commonly known as the School Wellness Policy, should aim to work toward improved health and wellness outcomes for school children.

The Wellness Advisory Panel will include:

- Wellness Policy Coordinator
- FSMC Advisor
- One parent representative
- One middle-school student
- One staff member

The school wellness committee must meet at a minimum of twice a year to review and update the LSWP, as needs change, goals are met, new information emerges, and the annual review is completed.

Each school wellness committee must strive to include representatives from the following categories to participate in the development, implementation, periodic review and update of the LSWP including, but not limited to, parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public.

LEAs will determine incentives and/or penalties for school compliance with their LSWP.

## **III. Wellness Policy Coordinator**

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A wellness policy coordinator must be identified at the district and/or school level. This person is responsible for implementation, oversight and tracking of the LSWP. The wellness policy coordinator shall fully understand the LSWP requirements, should be able to facilitate the development and implementation of the LSWP, and should have the authority and responsibility to ensure that each school complies with the policy.

The LEA must designate at the district and/or school level, the position(s) responsible for reporting the status of policy implementation annually. The LEA must inform the NDA of the name(s), position(s) and contact information for the person(s) responsible for the oversight of the LSWP at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes during the school year, the LEA must notify NDA within 60 days.

#### **IV. Recordkeeping**

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LEAs must retain basic records demonstrating compliance with the LSWP and must include the following documentation:

- A written and publicly available LSWP;
- Compliance with the requirements of advisory group representation and triennial assessment of the LSWP;
- Annual LSWP progress reports for each school under the jurisdiction;
- Documentation of foods sold at each school and proof of compliance with Smart Snack requirements (copies of food labels, calculator, etc.);
- Compliance with public notification which includes: The website address for the LSWP and/or how the public can receive/access a copy of the LSWP;
- Documentation demonstrating compliance with community involvement including advisory group/wellness committee meetings and outreach, and a description of each school's progress in meeting the local school wellness goals; 7 CFR 210.31(d)
- A summary of each school's events or activities related to LSWP implementation;
- The name, position(s)/title, and contact information of the designated wellness policy coordinator at the district and/or school level; and
- Information on how individuals and the public can get involved with the advisory group.

#### **V. School Wellness Policy Goals**

**A. The goal is to promote nutrition education with the objective of improving students' health and reducing childhood obesity.**

- a. Nutrition education is integrated into the school curriculum through science and physical education.

- b. Nutrition education involves sharing information with families and the broader community.

Action Steps:

*Menu analysis shared with parents and teachers through the menu regarding calorie intake and healthy eating. Nutrition education information is distributed at parent nights.*

**B. To promote physical activity with the objective of improving students' health, academic achievement, and reducing childhood obesity.**

Action Steps:

*Daily physical activity is provided through recess (30 min), physical education, and brain breaks.*

**C. To promote health, wellness, and safety of students and staff.**

- a. The school values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

Action Steps:

*Wellness Promotion Policy goals are considered in planning of all school and department-based activities (such as school events, field trips, dances, assemblies, and workshops).*

## **VI. Incentives & Rewards**

Freedom Classical Academy will not use food as an incentive or reward. For special circumstances, with School Administrator approval, food awards or incentives may be used as long as they are in alignment with the Smart Snacks Nutrition Standards.

## **VII. Fundraising**

All items sold to students on the school campus during the school day will meet the Smart Snacks Nutrition Standards, there are no exceptions. All items sold to students on the school campus during the school day for fundraising initiatives must meet the Smart Snacks Nutrition Standards; there are no exceptions for non curriculum-based activities. Fundraiser exemptions may be allowed if it is a part of a curriculum-based activity. These exemptions must be submitted for prior approval according to LEA policy.

## VIII. Special Occasions Policy

For the following special occasions and/or holidays, foods may exceed established nutrition standards:

- State or National Holidays
- Valentine's Day
- Nevada Day/Halloween
- Day Prior to Spring Break
- Day Prior to Winter Break
- Day Prior to Summer Break
- Lesson Plans – Must be approved by the administration
- Birthday Parties or other Celebrations – Once per month or as otherwise determined by the School Administration on a limited basis.
- Fundraising for various school related activities, sporting events, and field trips, using outside vendors (all nutritional facts are available for review). ALL fundraisers on school campus during the school day will meet the Smart Snacks Nutrition Standards. If fundraisers sell items that do not meet Smart Snacks, it will occur at least 30 minutes after the end of the school day or on a weekend. Fundraisers that are intended to be consumed at home (cookie dough, popcorn, etc.) will not be affected since they are not consumed at school.

It is recommended that food be commercially prepared to minimize risks of food-borne illnesses and to avoid known food allergens.

The sale of foods as part of a business enterprise or fundraising activity is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.

## IX. Revenue

Freedom Classical Academy will identify how they will track revenue from the sale of food on the school campus during the school day by one or both of the following methods.

- **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.
- **Nevada Revised Statute (NRS):** Each school's wellness policy shall include guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established LEA rules of practice.

All deposits and payments related to the National School Lunch Program (NSLP) may only be used for the purpose of NSLP.

All transactions related to the NSLP must be entered into the tracking/POS system. All cash collected along with receipts at the end of each day is required to be turned over to the Office Manager/Registrar. The Office Manager/Registrar along with one other school employee (not the person who collected the money or the person who will be depositing the money) will reconcile the receipts with the cash collected to verify that the amounts match. The Office Manager/Registrar will then endorse all checks FOR DEPOSIT ONLY and prepare the deposit slip. A school employee who neither collected money or reconciled the money will then take the deposit to the bank. Deposits must be made either once a week or whenever \$250 or more in cash has been received.

By the 10th day of each month, the previous month accounts must be reconciled and letters sent out for those who have a balance. All reimbursements to be submitted to the Department of Agriculture must be done by the 15th of the month following the month being reconciled.

#### **X. Meal Consumption**

It is the intent of this policy 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.

Freedom Classical Academy shall:

- Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast); and
- Provide at least 20 minutes for each student to consume the lunch meal.

#### **XI. Physical Activity**

Freedom Classical Academy will provide the opportunity for moderate to vigorous physical activity, as defined by the [Centers for Disease Control and Prevention \(CDC\)](#), for at least 30 minutes during each regular school day. It is recommended that students be given physical activity opportunities for periods of 10 minutes at a minimum. Passing periods do not qualify as physical activity time.

Teachers, school personnel and community personnel shall not use physical activity or withhold opportunities for physical activity, e.g. recess, physical education, etc. as punishment.

## **XII. Recess**

Recess before lunch is recommended, but it may also be held after lunch.

## **XIII. Marketing**

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).

Freedom Classical Academy will work to identify and eliminate all marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced.

## **XIV. Specific Nutrient Standards for Food and Smart Snacks**

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: To be allowable a snack or entrée must meet the general nutrition standards:

- Be a grain product containing >50% whole grains by weight or whole grains listed as the first ingredient on the food label; or
- The first ingredient on the food label is one of the non-grain main food groups: fruit, vegetable, dairy or protein foods;
- A combination food that contains at least 1/4 cup of fruit and/or vegetable;
- If water is the first ingredient, the second ingredient must meet one of the above criteria.

In addition to the above standards, the food must meet the nutrient standards for calories, sodium, fat and total sugars:

Nutrient	Entree	Snack
Calories*	350 calories or less	200 calories or less
Sodium	480 mg or less	200 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 grams	0 grams
Total Sugars	35% by weight or less	35% by weight or less

*\*Calories are per item served and include any accompaniments (condiments, toppings, etc.)*

## **XV. 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

**Flavored Water**- Zero calories, carbonated or uncarbonated, with no added sugar or sweeteners (artificial or otherwise).

Allowable sizes: Up to 8 fl. oz. per serving for elementary school;

Up to 12 fl. oz. per serving for middle school and high school.

**Milk**– Unflavored or flavored, unflavored low-fat, or flavored non-fat milk. Allowable sizes: Up to 8 fl. oz. per serving for elementary school; Up to 12 fl. oz. per serving for middle school and high school.

**Juice**– 100% fruit and/or vegetable juice, 100% juice diluted with plain water, with no added sweeteners, 100% fruit and/or vegetable juice may be carbonated or uncarbonated. Allowable Sizes: Up to 8 fl. oz. per serving for elementary school; Up to 12 fl. oz. per serving for middle school and high school.



*It is recommended that juice is offered in smaller portion sizes of 4- 6 fl. oz. servings for elementary school and 8 fl. oz. servings for middle and high school.*

<b>Beverage</b>	<b>Elementary School</b>	<b>Middle School</b>	<b>High School</b>
Plain water	No Size Limit	No Size Limit	No Size Limit
Flavored water (0 calories, No sweeteners)	≤ 8 fl. oz.	≤ 12 fl. oz.	≤ 20 fl. oz.
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.
Low/No calorie beverages <5 calories/8oz.; <10 calories/20 oz.	N/A	N/A	≤ 20 fl. oz.
Lower calorie beverages ≤40 calories/8oz.; ≤60 calories/12oz.	N/A	N/A	≤ 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

## **XVI. Caffeine**

All foods and beverages in elementary school and middle school must be caffeine-free, except for trace amounts of naturally occurring caffeine substances (e.g., chocolate milk). It is recommended that no caffeine be allowed, however, caffeine is permitted at the high school level at the discretion of the LEA.

## **XVII. Chewing Gum**

Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of Freedom Classical Academy.

## **Definitions**

**Carbonated Beverage** - A class of beverages that bubble, fizz or are effervescent. These include beverages that are aerated or infused.

**Combination Food** - Products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

**Competitive Food** - All food and beverages other than meals reimbursed available for sale to students on the School Campus during the School Day.

**Fundraisers** - The sale of items for monetary gain intended for consumption during the school day.

**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.

**Local School Wellness Policy (LSWP)** - The policy that applies to your LEA which supports a school environment that promotes sound nutrition and student health, reduces childhood obesity, and provides transparency to the public on school wellness policy content and implementation.

**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.

**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 a moderate activity; running and chasing others during a tag game is vigorous activity.

**Non-program Food** - Food sold in schools during the school day at any time or location on the school campus other than reimbursable meals.

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

**School Campus** - All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

**School Day** - The period from midnight before to 30 minutes after the end of the official school day.

**School Food Authority (SFA)** - The entity that is legally responsible for the operations and administration of the local school nutrition programs.

**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.

**Smart Snacks Nutrition Standards** - A part of the Healthy Hunger-Free Kids Act of 2010 that provides science-based nutrition standards for all foods and beverages sold to students in school during the school day.

**Sweeteners** – Sweeteners or sugar substitutes, such as aspartame, sucralose and stevia-derived substances, are ingredients used to sweeten and in some cases enhance the flavor of foods.