



## SAGE COLLEGIATE WELLNESS POLICY

**Adopted from:** [Nevada's School Wellness Policy and the Child Nutrition Program \(CNP\)](#)

Sage Collegiate is committed to creating a healthy school environment that enhances the development of lifelong wellness practices and promotes healthy eating and physical activities in support of student achievement and student well-being. This Student Wellness Regulation complies with the Nevada Department of Agriculture guidelines as stated in the [Nevada's School Wellness Policy and the Child Nutrition Program \(CNP\)](#), and with the federal statute: [Healthy, Hunger-Free Kids Act of 2010](#).

Nutrition education that teaches knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum and school activities. Nutrition education information shall be offered throughout the school campus. Sage Collegiate works in conjunction with our food vendor to bring health education programs to children and families in our community.

Sage Collegiate shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The school shall encourage students to make nutritious food choices.

### 1. ADVISORY GROUP

**School districts must establish a diverse team made up of committed school and community stakeholders to assess the school districts needs and develop a policy that meets the operational realities of the school district and works toward improved health and wellness outcomes for schoolchildren. In addition, this group must meet at a minimum twice a year to review and update the local school wellness policy (LSWP), as needs change, goals are met, new information emerges, and the annual review is completed.**

**Each school district is required to include a plan that identifies representatives from the following categories to participate in the development, implementation, and periodic review and update of the LSWP:**

**Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public. School districts will determine incentives and/or penalties for school compliance with their LSWP.**

In compliance with the Federal and State Wellness Policies, Sage Collegiate will have a diverse team of committed school and community stakeholders to assess the State's needs, continuously monitor and make recommendations that meet the operational realities of the State, and work toward improved health and wellness outcomes for all students. We will solicit family interest at our September Cafecito and ensure that at least two parents<sup>1</sup> participate in the Advisory Group.

This group will meet a minimum of twice annually to update implementation procedures when needs change, goals are met, new information emerges, and the annual review is completed. For the 2022-23 school year, the meetings are currently scheduled for Friday, December 2, 2022 and Friday, April 14, 2023.

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<sup>1</sup> For clarification purposes, the words families and parents are used interchangeably at Sage Collegiate to represent individuals with the extended family of a student or persons with a legitimate interest in the student and who are the student's legal guardian(s).



## 2. WELLNESS POLICY COORDINATOR

Each school district must establish LSWP leadership, at the district and/or school level, who fully understands the LSWP requirements, who can facilitate the development and implementation of the LSWP, and who has the authority and responsibility to ensure that each school complies with the policy.

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

The Executive Director will designate a School Wellness Coordinator at Sage Collegiate who will provide an annual status of the school's implementation of this regulation to the State Wellness Coordinator. The Executive Director will work with the School Wellness Coordinator to ensure the State's wellness goals are met.

## 3. RECORDKEEPING

School districts must retain basic records demonstrating compliance with the LSWP and must include the following documentation: Compliance with the requirements of advisory group representation, triennial assessment of the LSWP, annual LSWP progress reports for each school under the jurisdiction, demonstrate compliance with public notification which includes:

- The web site address for the LSWP and/or how the public can receive/access a copy of the description of each school's progress in meeting the local school wellness goals.
- 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.
- Information on how individuals and the public can get involved with the advisory group.

Sage Collegiate will retain records demonstrating compliance with this regulation that includes the following documentation:

1. Compliance with advisory group requirements.
2. Triennial review of this regulation.
3. Annual progress reports for each school.
4. Compliance with public notification.
5. A description of each school's progress in meeting the State's wellness goals.
6. A summary of each school's events and activities.
7. The name and contact information of the designated School Wellness Coordinator.



#### 4. SCHOOL WELLNESS POLICY GOALS

School districts must select, measure, and report progress for at least one goal from each of the following categories:

- **Nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.**

Goal 1: Increase knowledge of and implement healthy eating habits.

Goal 2: Provide daily physical activity for students.

Goal 3: Practice mindful habits, ie through our mindful minutes, to develop strong social emotional wellness skills.

#### 5. INCENTIVES & REWARDS

**School districts are strongly encouraged to utilize other forms of incentives or rewards that are not food-based. School districts must address the use of food as an incentive or reward, if allowed, it is required that the food awards be in alignment with the Smart Snacks Nutrition Standards.**

##### Alternatives to Using Food as a Reward

At school, home and throughout the community, children are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar and fat.
- It teaches children to eat when they’re not hungry as a reward to themselves.

Children learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. The state reports that one-third of Nevada children entering Kindergarten in Fall 2016 were considered overweight or obese.<sup>2</sup>

Below are some alternatives for students to enjoy instead of being offered food as a reward at school:

- Sit by friends.
- Read outdoors.
- Have extra art time.
- Have an extra recess.
- Read to a younger class.
- Make deliveries to the office.
- Listen to music while working.
- Play a favorite game or puzzle.
- Earn play money for privileges.
- Walk with a teacher during lunch.
- Be a helper in another classroom.
- Eat lunch with a teacher or principal.
- Dance to favorite music in the classroom.
- Listen with a headset to a book on audiotape.
- Have a teacher perform special skills (i.e., sing).
- Select a drawing for donated prizes.
- Sitting in the teacher’s chair
- Using a funny teacher pen

<sup>2</sup><http://dpbh.nv.gov/uploadedFiles/dpbh.nv.gov/content/Programs/Obesity/dta/Publications/2017%20Annual%20Obesity%20Report.pdf>



- Take a trip to the treasure box (**non-food items**).
- Watch a video.
- Teach the class.
- Enjoy class outdoors.
- Play a computer game.

## 6. FUNDRAISING

**All items sold to students on the school campus during the school day must meet the Smart Snacks Nutrition Standards, there are no exemptions.**

Raising money may present a constant challenge for schools. School fundraisers may help pay for field trips and other programs that educate and enrich young lives; important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

## 7. SPECIAL OCCASIONS

**Each school district must establish a policy that outlines which special occasions or holidays and the frequency that foods that exceeding the established nutrition parameters may be allowed. Below are some instances to consider:**

- **In observance of state or national holidays; for established observances such as Christmas or Hanukkah; School Community observances, such as birthday parties; as part of a learning experience related to the reinforcement of established lesson plans in the classroom.**
- **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.**

Schools play a major role in helping students become fit, healthy, and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties and celebrations held during school hours as well as after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and sharper mind.

Any food, snacks, or baked goods shared at school must be store bought. No homemade items will be served.

Per our established policies, as outlined in the [Student-Family Handbook](#), for the celebration of student birthdays, we will allow families to bring **store bought cupcakes** on the day of the child's birthday for consumption after lunch. Families must provide enough for all students in their child's class. If there are not enough cupcakes for all children in the class, they will not be served. Cupcakes should be sent in during arrival in the morning. Staff staff will be responsible distributing.



Homemade baked goods may not be brought; they will not be served. Cake or anything requiring cutting may not be brought; it will not be served. Ice cream or anything requiring scooping may not be brought; it will not be served. Please ensure all cupcakes are nut free to ensure we are inclusive of students' allergies. **Large productions and food, such as pizza or subs, are not allowed and will not be served.**

### Snack Ideas for School and Classroom Parties

The foods offered at school parties should add to the fun but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- Fresh fruit and vegetables
- Yogurt
- Bagels with low fat cream cheese
- Baby carrots and other vegetable and low fat dip
- Trail mix
- Nuts and seeds
- Fig cookies
- Animal crackers
- Baked chips
- Low fat popcorn
- Granola bars
- Soft pretzels and mustard
- Pudding
- String cheese
- Cereal bar
- Bottled water (including flavored water)

## 8. REVENUE

**School districts must 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: Each school's wellness policy shall include: Guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established school district rules of practice.**

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the Sage Collegiate Food Service Department. Revenue funds must be accounted for and maintained in accordance with **Nevada Revised Statute**. Guidelines for revenue accounting, in accordance with NRS 233B.050, or in accordance with established school district rules of practice.

## 9. 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.**

**Each school district 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.**

In 2022-23, Sage Collegiate provides from 7:30 a.m. – 7:50 a.m. Our planned lunch blocks include 30 minutes to eat and 10 minutes for recess in K-5.

## 10. PHYSICAL ACTIVITY

**Schools must provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day (as defined by USDA). It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum. Passing periods do not qualify as physical activity time. Teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.**

While there are no state requirements for Physical Education (PE) for elementary students in Nevada, and while middle and high school students are required to take PE, there is no mandated amount of time each day/week. Therefore, we will meet and exceed the Nevada state standards for Physical Education, as we will also adopt the practices and requirements of our neighboring state of California<sup>3</sup> for the execution of PE for all K-8 students.

Per California state requirements, students in 1st grade through 6th grade must have a minimum of 200 minutes of PE every 10 days. We go beyond these requirements, providing at least an additional 20 minutes each week in K-5 for a total of 240 minutes of PE every 10 days. In Middle School, 7th and 8th graders must have 400 minutes every 10 days. We increase this by 50 additional minutes every 10 days for a total of 450 minutes. For consistency of skill development, to support positive physical health, and in keeping with our vision across all grade levels, Kindergarteners will follow the guidelines of 1st grade, and 6th graders will have the same amount of PE minutes as 7th and 8th graders. To provide strong PE instruction, we use resources and instructional components from the Presidential Youth Fitness Program,<sup>4</sup> which promotes healthy eating, fitness for life, and basic fitness concepts. Students in 5th and 7th grades take California's Physical Fitness Test.

Teachers and staff will **never** use physical activity nor withhold recess as a consequence for behavior.

## 11. RECESS BEFORE LUNCH

**Recess before lunch is recommended but is left to the discretion of the school district.**

We will prioritize recess before lunch in K-2 and consider it for 3-5 depending on the final daily schedule for 2021-22.

## 12. 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). School districts must identify and eliminate all marketing and advertising on school property which**

<sup>3</sup> [http://www.doe.nv.gov/uploadedFiles/nde.doe.nv.gov/content/Standards\\_Instructional\\_Support/Nevada\\_Academic\\_Standards/Health\\_and\\_PE/Nevada%20K-12%20PE%20Content%20Standards%20with%20footnote.pdf](http://www.doe.nv.gov/uploadedFiles/nde.doe.nv.gov/content/Standards_Instructional_Support/Nevada_Academic_Standards/Health_and_PE/Nevada%20K-12%20PE%20Content%20Standards%20with%20footnote.pdf).

<sup>4</sup> <https://www.hhs.gov/fitness/programs-and-awards/presidential-youth-fitness-program/index.html>.



**does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced.**

board approved, June 2023



### 13. 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:

<b>Calories</b>	Snack/Side Item: ≤ 200 calories per item as served (includes any accompaniments) Entrée: ≤ 350 calories per item as served (includes any accompaniments) <b>AND</b>
<b>Sodium</b>	Snack/Side Item: ≤ 200 mg after July 1, 2016. Entrée: ≤ 480 mg per item as served <b>AND</b>
<b>Fat</b>	Total Fat: ≤35% of calories Saturated Fat: ≤ 10% of calories Trans Fat: - 0g per serving.
<b>Sugar</b>	Total Sugar: ≤ 35% by weight

### 14. SPECIFIC NUTRIENT STANDARDS FOR FOOD

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% Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber (Effective through June 30, 2016).

If water is the first ingredient, the second ingredient must meet one of the above criteria.

### 15. 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:

<b>Water</b>	Plain, no size limit.
<b>Milk</b>	Unflavored non-fat, unflavored low-fat, or flavored non-fat milk, ≤8 fl. oz. per serving for elementary school, ≤12 fl. oz. per serving for middle school and high school.
<b>Juice</b>	100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners), ≤8 fl. oz. per serving for elementary school, ≤12 fl. oz. per serving for middle school and high school allowable.
It is recommended that juice be sold in smaller serving sizes: 4-6 fl. oz. servings for elementary school and 8 fl. oz. servings for middle and high school.	





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

**Other Allowable Beverages in High Schools Only:**

- **Non-Carbonated Calorie-free beverages (≤ 20 fl.oz/serving);  
Examples: Vitamin Water Zero, Propel Fit Water, Powerade Zero**
- **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**
- **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**

**At Sage Collegiate, candy, gum, and soda are not allowed at school.**

Further, all employees of Sage Collegiate are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules, including non-consumption of soda or candy during the school day outside of the Teacher Hub or individual staff member’s office. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. To send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and encouraged to engage in physical activity.

**16. CAFFEINE**

**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). It is recommended that no caffeine be allowed, however, caffeine is permitted at the high school level at the discretion of the school district.**

Caffeinated beverages are **not** allowed for students at Sage Collegiate. This includes, but is not limited to coffee, energy drinks (e.g., Monster, 5-Hour Energy Drink, Red Bull), and soda (e.g., Pepsi, Coca-Cola, Mountain Dew).

Further, all employees of Sage Collegiate are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules, including non consumption of caffeinated beverages during the school day outside of the Teacher Hub.



Teachers and staff may **not** consume energy drinks or soda outside of the Teacher Hub or individual offices. Teachers and staff are encouraged to be mindful about consuming caffeinated beverages in the presence of students. This includes, but is not limited to carrying Starbucks mugs, tumblers, or cups in the presences of students.

## 17. CHEWING GUM

**Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the school district.**

Per established policies, **gum is absolutely not allowed at Sage Collegiate** be it sugar-free or otherwise. This policy applies to staff and visitors, as well. The only accommodations will be made based on requirements of 504 or IEP plans.

### 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 local school district 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 moderate activity; Running and chasing others during a tag game is vigorous activity.
- **Non-program food:** Food sold in school 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 the midnight before, to 30 minutes after the end of the official school day.
- **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 provide science-based nutrition standards for all foods and beverages sold to students in school during the school day.

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board approved, June 2023