



INTRODUCING:

The WCSD Student Wellness Policy

GOOD NUTRITION IS VITAL TO OPTIMAL HEALTH. THE SCHOOL ENVIRONMENT PLAYS A FUNDAMENTAL ROLE IN SHAPING LIFELONG HEALTHY BEHAVIORS AND CAN HAVE A POWERFUL INFLUENCE ON STUDENTS EATING HABITS. DISTRICT SPECIFIC WELLNESS POLICIES ARE AN IMPORTANT TOOL FOR PARENTS AND LOCAL EDUCATIONAL AGENCIES (LEAs) IN PROMOTING STUDENT WELLNESS, PREVENTING AND REDUCING CHILDHOOD OBESITY, AND PROVIDING ASSURANCE THAT SCHOOL MEAL NUTRITION GUIDELINES MEET THE MINIMUM FEDERAL SCHOOL MEAL STANDARDS.

District Goals

1. NUTRITION PROMOTION & EDUCATION

PROVIDE EDUCATION AT EACH SCHOOL SITES IN THE COMMUNITY ON "SMART SNACK STANDARDS" TO INCREASE UNDERSTANDING AMONG TEACHERS, STUDENTS, AND PARENTS.

2. PHYSICAL ACTIVITY

DEVELOP AND BEGIN IMPLEMENTING A SITE PLAN AT EACH SCHOOL THAT PROVIDES THE OPPORTUNITY FOR ALL STUDENTS TO PARTICIPATE IN 30 MINUTES OF DAILY, MODERATE TO VIGOROUS PHYSICAL ACTIVITY.

3. SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

DOCUMENT ACTIVITIES THAT ARE ALREADY OCCURRING AT EACH SCHOOL THAT PROMOTE STUDENT WELLNESS, AS WELL AS DEVELOP A SYSTEM FOR COLLECTING INFORMATION ANNUALLY.



WCSD Student Wellness Policy Resources

EXCEPTION DAYS REPORTING

THE DISTRICT ALLOWS FOR SCHOOL-WIDE EXCEPTIONS TO THE WELLNESS POLICY FOR SPECIAL OCCASIONS AND/OR HOLIDAYS. EACH SCHOOL MAY SELECT UP TO TWO EXCEPTION DAYS EACH MONTH AND IS RESPONSIBLE FOR MONTHLY REPORTING.

FUNDRAISING/FOOD SALES

ALL ITEMS SOLD TO STUDENTS ON THE SCHOOL CAMPUS DURING THE SCHOOL DAY MUST MEET THE FEDERAL **SMART SNACKS NUTRITION STANDARDS**.

INCENTIVES/REWARDS

IT IS STRONGLY ENCOURAGED BY THE DISTRICT THAT SCHOOLS AND TEACHERS 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 ALIGN WITH THE **SMART SNACKS NUTRITION STANDARDS**.

IN ACCORDANCE WITH NEVADA'S STUDENT WELLNESS POLICY, WASHOE COUNTY SCHOOL DISTRICT DEVELOPED AND MAINTAINS STUDENT WELLNESS POLICY ASSOCIATED REGULATIONS TO ADDRESS FEDERAL AND STATE REQUIREMENTS. THIS IS TO ENSURE THE IMPROVEMENT OF HEALTH/WELLNESS OUTCOMES FOR WCSD'S 64,000 STUDENTS.