

**Nevada Joint Union High School District
Annual Assessment of District Wellness Policy
Board Policy No. 5030**

On February 2, 2016, the District's Student Wellness Policy was assessed by District Wellness Committee Members. Present at the meeting was Wellness Coordinator and parent, Heather Quiggle; Assistant Superintendent and parent, Karen Suenram; Director of Food Service and parent, Theresa Ruiz; and community member and past parent, Debbie Zeisler. The Policy and evaluation is documented below. The policy is printed in blue and the assessment in red.

Policy Statement The Committee has determined that generally, the District's Student Wellness Policy and implementation is stellar. There are a few issues identified below for targeted improvements.

The Board of Trustees recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

School Health Council/Committee A District Wellness Committee has been established and is operating according to Board Policy.

The Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student wellness policy. (42 USC [1758b](#))

To fulfill this requirement, the Superintendent or designee may appoint a school health council or other district committee whose membership shall include representatives of these groups. He/she also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

The school health council/committee shall advise the district on health-related issues, activities, policies, and programs. At the discretion of the Superintendent or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities Most sites are offering a comprehensive health education to 9th or 10th grade students. At this time, Nevada Union HS is not offering a specific health class although there are many opportunities for teachers in other subject areas to educate students on health-related issues. Nevada Union HS, Bear River HS and Silver Springs Continuation High School have implemented a program called Athletes Committed (AC). AC provides education on nutrition, physical activity, and other wellness activities. The committee recommends that NUHS administration explore a comprehensive health curriculum.

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

The district's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All schools are in compliance. To reinforce the district's nutrition education program, the Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

All schools are in compliance. All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The District has a joint use agreement with Bear River Recreation and Park District; in addition, many youth sports leagues use District facilities. The Board may enter into a joint use agreement or memorandum of understanding to make district facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

The District provides regular professional development to the identified groups. Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.

The District's Wellness Policy is disseminated to parents/guardians using the District and school websites. The Superintendent or designee may disseminate health information and/or the district's student wellness policy to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, district and school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The District provides access to health services at school and issues referrals to community resources. In order to ensure that students have access to comprehensive health services, the district may provide access to health services at or near district schools and/or may provide referrals to community resources.

Bullying is not tolerated at district school sites. An anonymous bullying incident reporting tool is available on the District's website. The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

A comprehensive wellness program is provided to staff including opportunities for regular physical activity and nutrition education. The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutritional Guidelines for Foods Available at School

The District has adopted and implemented specific policies addressing the reference federal nutritional guidelines. For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and federal regulations and

which support the objectives of promoting student health and reducing childhood obesity. (42 USC [1758b](#))

All schools participate. In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The District is in compliance. The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The District is in compliance. The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

The District is in compliance. The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

The District is in compliance. School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.

Program Implementation and Evaluation

The District is in compliance. The Superintendent shall designate one or more district or school employees, as appropriate, to ensure Posting Requirements that each school site complies with this policy. (42 USC [1758b](#))

The District is in compliance. Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code [49432](#))

The District is in compliance. Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.