



**Mountain View Christian
School
Wellness Policy 2023-2024**

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School Wellness Policy

Mountain View Christian School is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active. This Student Wellness Regulation complies with the Nevada Department of Agriculture guidelines as stated in Nevada's School Wellness Policy and the Child Nutrition Program (CNP).

1. Advisory Group

Mountain View Christian School shall establish a diverse team made up of committed school and community stakeholders to assess the district's needs and develop a policy that meets the operational realities of the school and works toward improved health and wellness outcomes for school children.

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. Mountain View Christian School shall 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.

Mountain View Christian School shall determine incentives and/or penalties for school compliance with their LSWP.

2. Wellness Policy Coordinator

Mountain View Christian School shall establish LSWP leadership, at his/her 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.

Mountain View Christian School shall designate a School Wellness Coordinator at his/her school, the position(s) responsible for reporting the status of Policy implementation annually. Mountain View Christian School must inform the Nevada Department of Agriculture (NDA) of the name(s), position(s), and contact information of the person(s) responsible for the oversight of the local school wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, Mountain View Christian School must notify NDA within 60 days.

3. Record Keeping

Mountain View Christian School shall 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 website address for the LSWP and/or how the public can receive/access a copy of the LSWP; A 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; and Information on how individuals and the public can get involved with the advisory group.

4. School Wellness Policy Goals

Mountain View Christian School shall 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.

5. Incentives & Rewards

Mountain View Christian School will strive to utilize other forms of incentives or rewards that are not food-based. MVCS shall 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.

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. The school day is defined as the period from midnight to 30 minutes after the official school day ends. Fundraiser exemptions will not be granted.

7. Special Occasions

All foods for special occasions must be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens. Foods must meet the nutrient and beverage standards within this regulation with the exception of an activity that is part of a learning experience related to the reinforcement of established lesson plans in the classroom.

8. Revenue

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.

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.

Mountain View Christian School 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.

10. Physical Activity

Mountain View Christian School shall 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.

11. 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).

The District shall identify and eliminate all marketing and advertising on school property that does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced.

12. 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- ≤230 mg per item as served until June 30, 2016

(≤200 mg after July 1, 2016)

Entrée- ≤480 mg per item as served

AND

Fat:

Total Fat- ≤35% of calories

Saturated Fat- <10% of calories

Trans Fat- 0 g per serving

AND

Sugar:

Total Sugar- <35% by weight

13. 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.

14. 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, ≤8 fl. oz. preserving for elementary school, ≤12 fl. oz. per serving for middle school and high school.

Juice– 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

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

**May include 100% juice diluted with plain water & with no added sweeteners

Other Allowable Beverages in **High School 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 Ice 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

15. **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 Mountain View Christian School.

16. **Chewing Gum**

Chewing gum (sugar, sugar-free...) is not allowed at Mountain View Christian School for sale or use.

Definitions

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.