

**BOARD OF TRUSTEES
CARSON CITY SCHOOL DISTRICT**

**POLICY No. 245
PROGRAMS**

WELLNESS POLICY

Carson City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy food choices, quality social, emotional, and behavioral development, and physical activity for its students. Carson City School District will also help teach families that good sleeping habits are necessary for learning to occur. Carson City School District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing and reviewing its Wellness Policy and Regulation annually.

All students in Carson City School District will:

- Have opportunities, support and encouragement to be physically active on a regular basis;
- Receive food and beverages at school that are sold, served, or given away on campus during the school day that meet the minimum nutrition standards as stated in the Smart Snack (USDA) Nutritional Standards;
- On special occasions receive foods that do not meet the minimum nutrition standards. These occasions will occur on pre-determined dates as set by each school, in accordance with regulations promulgated by the Superintendent, consistent with this Policy;
- Benefit from qualified child nutrition professionals who will provide access to a variety of affordable, nutritious, and appealing foods;
- Be assured that religious, ethnic and cultural diversity of the student body will be considered when meals are planned;
- Be provided a clean, safe and pleasant setting and adequate time to eat;
- Participate, to the extent practicable, in available federal school meal programs;
- Receive training in social and emotional learning based on high quality comprehensive standards for Pre-K through high school;
- Be encouraged to develop healthy sleep habits and receive wellness checks from certified health professionals.

Adopted: July 14, 2015