

Southern Nevada Health District School Wellness Initiatives

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Student Wellness Policies

- All schools participating in federal child nutrition programs (i.e. NSLP, SBP) are required to implement a school wellness policy.
- CCSD Student Wellness Regulation 5157 complies with the federal statute: Healthy, Hunger-Free Kids Act of 2010
- CCSD is the 5th largest school district in the country with 320,000+ students.
- Kids with healthier eating patterns and enough physical activity have better grades, better retention of material taught in class, better behavior in class, and miss less school time



CCSD Wellness Policy Components

- Nutrition standards for all foods and beverages sold or given away to students
- Standards for student incentives and rewards
- Marketing, advertising and promotion restrictions
- Fundraising guidelines
- Physical activity requirements
- Nutrition and wellness education



Nutrition Standards

- Applies to all foods and beverages sold or given away to students during the period from midnight before to 30 minutes after the end of the official school day
- Includes cafeteria, student stores, vending machines, and foods sold as part of fundraisers during the official school day
- Schools and teachers are strongly encouraged to utilize forms of incentives that are NOT food-based; any food rewards must meet nutrition standards



Physical Activity Standards

- All schools must provide the opportunity for at least 30 minutes daily for moderate to vigorous physical activity
- 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, PE) as punishment
- Recess before lunch is recommended



CCSD Wellness Policy Implementation

Wellness Coordinator – designated by the school's principal

- Must 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

CCSD Wellness Goals

1. Design and implement a plan that promotes making healthy food choices
2. Develop and implement a plan that provides the opportunity for all students to participate in daily 30 minutes of moderate to vigorous physical activity
3. Develop a school-based wellness committee, which will include at least one student representative and one parent representative, to identify and address specific needs

SNHD & School Wellness

Past and Continuing Initiatives:

- Sponsoring Girls on the Run Programs and Sports and Nutrition Camps over spring and winter break in low-income schools
- Supported development of an electronic toolkit for Safe Routes to Schools coordinators to promote safe walking and biking
- SNAP-Ed 2017-2018: provided education for CCSD school wellness coordinators to support implementation of the CCSD Wellness Policy
 - Wellness Coordinator resource bag to all CCSD schools
 - “Wellness Day at Lunt Elementary” video
 - Elementary School salad bar promotion

Upcoming Initiatives:

- SPAN-ET assessments in 8 low-income schools
- Upcoming: Slam Dunk Health
- Upcoming: Supporting expansion of Safe Routes to Schools “Walk and Roll” program to 10 low-income elementary schools

Partnership w/CCSD Food Service

All secondary schools in the Clark County School District have permanent salad bars

For elementary schools, salad bars are available on a rotating basis

Principals must request the rotating salad bar from CCSD Food Service

Participation in the elementary school rotating salad bar program was low

- SNHD Intervention Goal: increase participation



Why Salad Bars in Schools?


- Increases student participation in reimbursable meals
- Reduces food waste because students are allowed to choose their own food
- Creates a healthier food environment in the school
- Increases access to and consumption of fruits and vegetables
- Supports Wellness Policy nutrition goals





Awareness Campaign




SALAD BARS ARE AVAILABLE TO ALL CCSD ELEMENTARY SCHOOLS ON A ROTATING BASIS

 Salad bars are available by request for lunchtimes on Tuesdays, Wednesdays, and Thursdays only and are dependent on availability.

 The salad bar will only be present at the assigned elementary school for one day, but the school may re-request the salad bar as desired.

 All requests must come from the elementary school principal or the school's food service staff, with the principal's approval. Advance notice of one week must be given.

 Another meal option will be available for students who don't want to eat from the salad bar.

REQUEST THE SALAD BAR THROUGH THE CCSD FOOD SERVICE CENTRAL KITCHEN

CONTACT YOUR REGION'S FOOD SERVICE CLERK

Northwest region 702-799-8123 ext 5349

Northeast region 702-799-8123 ext 5422

Southwest region 702-799-8123 ext 5359

Southeast region 702-799-8123 ext 5322



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

Wellness Day at Lunt ES

- Created a video highlighting the salad bar at Lunt Elementary as part of their wellness day

<https://www.youtube.com/watch?v=dnAMvW5Rdn0>

- Addresses common Principal concerns about the salad bar, including messiness, organization, and student participation
- Promoted on GHCC, CCSD, and CCSD Food Service social media accounts



Partnership w/ Create a Change

- Create a Change: non-profit organization that builds gardens and provides nutrition education in 24 mostly low-income elementary schools in Las Vegas
- As part of their yearly contract with CAC, elementary schools agreed to take the salad bar 2x/year
- SNHD provided signage to all 24 CAC schools to support the salad bar and nutrition education



Web & Social Media Advertising

Educate CCSD parents on the existence of the elementary school salad bar program and encourage them to request it at their child's school

- Facebook ads: 90,000+ impressions
- Web banner ads: 220,000+ impressions



Get Healthy Clark County
October 16 · 🌐

Does your child's elementary school participate in the rotating salad bar program? Ask your child's principal about it today. #SchoolLunchWeek


DID YOU KNOW A FRESH SALAD BAR IS AVAILABLE FOR ANY CCSD ELEMENTARY SCHOOL ON A ROTATING BASIS?

ASK YOUR CHILD'S ELEMENTARY SCHOOL PRINCIPAL TO BRING THE **CCSD SALAD BAR** TO THEIR SCHOOL!



Promotion from Partners


- CCSD Wellness Newsletter
- Create a Change social media
- RTC Southern Nevada Strong blog feature
- Promotion through other partners such as AHA, Green Our Planet, Dairy Council, and Urban Seed Foundation



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Mobile salad bar program promotes healthy food in local elementary schools



Students at Robert Lunt Elementary School in Las Vegas can't wait for lunch on

CCSD ES Salad Bar Stats

- CCSD Food Service sends out elementary salad bars on Tuesdays, Wednesdays, and Thursdays
 - 2 salad bars/school
 - 2 elementary schools/day
 - Monthly capacity: 24-27 schools
- Pre-intervention average: 8.2 schools/month
- Post-intervention: calendar is completely full for '18-19 school year
- 1/4 of all CCSD elementary schools have been or are going to be exposed to the salad bar
- Post-intervention = 50 new schools
- 13 elementary schools are taking the salad bar once/month this school year



School Wellness Taskforce

Born out of the Partners for a Healthy Nevada obesity prevention coalition

Vision: CCSD students have a healthy weight through physical activity and healthy eating at school

Mission: To promote and support implementation of the CCSD Wellness Policy (R-5157)



School Wellness Task Force Goals

Goals:

- Raise awareness of R-5157 among CCSD Principals/Administrators, Wellness Coordinators, PTAs/PTOs, SOTs, and parents/students
- Streamline communication with CCSD K-12 Wellness Coordinator; develop system to disseminate resources/grant opportunities to school wellness coordinators
- Advocate for policy, systems and environmental changes that support overall schools wellness at the local and state level

School Wellness Task Force

Upcoming Action Items:

- Analyze school wellness coordinator annual reports to identify areas of strength and areas of needs; tailor evidenced-based interventions to meet identified needs
- Marketing and promotion of R-5157 – social media, policy one-sheets for teachers/administrators and parents
- Outreach to school principals and SOTs
- Coordinate efforts with existing school garden committees/wellness committees
- **NDA School Wellness Conference 2/9/19**

Contact Information

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