



Local School Wellness Policy (LSWP)

It is the intent of this policy to promote a healthy environment, in which our students will learn to make good food choices. This skill will assist in their academic, social and emotional development.

1. Advisory Group

Quest Academy's advisory group is a diverse team made up of committed school and community stakeholders to assess the school'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. Quest Academy strives to have representatives from the following categories to participate in the development, implementation, and periodic review and update of the LSWP:

- Parents (1 per school)
- Students (1 per school)
- School Staff Members to include representatives of the school food services, teachers of physical education, school health professionals, a governing board member, a school administrator.

The advisory group will meet 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. Wellness Advisory Group meetings will be open to the community.

2. Wellness Policy Coordinator

Wellness Policy Coordinator: Designated Quest Administrator
(702) 631-4751, ext. 1112

The Wellness Policy Coordinator will fully understand the LSWP requirements and will facilitate the development and implementation of the LSWP. The coordinator will be responsible for reporting the status of policy implementation annually and has the authority and responsibility to ensure that Quest complies with the policy. Quest Academy will inform the Nevada Department of Agriculture (NDA) 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, Quest Academy must notify the NDA within 60 days.

3. Recordkeeping

Quest Academy will 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 Wellness Policy can be found at <https://www.questlv.com/student-luncheslunch-menus.html>. The Wellness Policy has a button that allows the public to view the policy as well as download the policy.

The Policy, found on the school website on the school lunch tab, provides the progress on meeting the school wellness goals. School events and activities related to LSWP implementation can be found at <https://www.questlv.com/calendars.html>.

4. School Wellness Policy Goals

Nutrition Education and Promotion Goal: Quest Academy will teach, encourage and support healthy eating by all students through nutrition education. Our school will provide nutrition education that provides students with the knowledge to promote their health; it will be integrated through Physical Education classes and will promote fruit/vegetables/whole grain and low-fat dairy products.

Physical Activity Goal: Quest Academy will provide students with physical activity and education for at least 60-90 minutes per week throughout the school year. Our school will provide students with physical education that promotes the benefits of a physically active lifestyle.

Other Wellness Goal: Quest Academy will integrate wellness activities across the entire school setting, not just in the cafeteria and physical activity facilities. Our school will encourage cross-collaborative content across curriculum that promotes student health, such as integrating nutrition concepts in math classes.

5. Incentives & Rewards

Quest Academy strongly encourages the use of other forms of incentives or rewards that are not food-based. If food is used 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.

7. Special Occasions

For the following special occasions and/or holidays, foods may exceed the established nutrition standards:

- School Community Observations
 - During the 1st quarter of the school year, we have an annual school wide “Ice Cream Social”
 - Birthday parties or other celebrations-once per month or as otherwise determined by the school administration on a limited basis
 - Field Day-prior approval by administration required
- State or National Holidays
 - Valentine’s Day
 - Nevada Admissions Day/Halloween

- Day prior to Thanksgiving
- Day prior to Winter Break
- Day prior to Summer Break

All food is to be commercially prepared to minimize risks of food borne illnesses and to avoid known food allergens. The sale of foods as part of a business enterprise or fundraising activity is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.

8. Revenue

Quest Academy is a Community Eligibility Provision (CEP) school. All students are eligible to receive breakfast and lunch at no charge. All transactions related to the National School Lunch Program (NSLP)/School Breakfast Program (SBP) must be entered into the tracking/point of service (POS) system. No cash is collected at the school. We do not give the staff members the option to purchase meals.

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.

Breakfast: All students have 15 minutes to consume their meal after they have acquired it and have sat down to eat.

Lunch: All students are given a 30 minute lunch period so they have ample time to acquire their meal and have at least 20 minutes to consume it.

10. Physical Activity

Students are provided 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 time in bouts of 10 minutes at a minimum. Passing periods do not qualify for physical activity time.

Teacher, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

11. Recess Before Lunch

When possible, recess will be scheduled before lunch, but due to limited space, recess may be scheduled right after lunch and is left to the discretion of Quest Academy administrators.

12. 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).

Any marketing and advertising that does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts must be identified and eliminated on school property.

13. 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- ≤ 200 mg per item as served

Entrée- ≤ 480 mg per item as served

AND

Fat:

Total Fat- $\leq 35\%$ of calories

Saturated Fat- $\leq 10\%$ of calories

Trans Fat- 0 g per serving

AND

Sugar:

Total Sugar- $\leq 35\%$ by weight

14. 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.

15. 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. per serving for elementary school, ≤12 fl. oz. per serving for middle 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 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 school.

| Beverage | Elementary School | Middle School |
|---------------------------------------|--------------------------|----------------------|
| Plain Water | No Size Limit | No Size Limit |
| Non-fat milk, Unflavored or flavored* | ≤ 8 fl oz | ≤ 12 fl oz |
| Low-fat milk-unflavored* | ≤ 8 fl oz | ≤ 12 fl oz |
| 100% Fruit/Vegetable juice** | ≤ 8 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

16. 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, cocoa).

17. Chewing Gum

Chewing gum (sugar, sugar-free...) is not allowed on campus for sale or use.

Definitions

Quest Preparatory Academy Wellness Policy 2022/2023

Rv. 02.21.2023

Carbonated Beverage- A class of beverages that bubble, fizz, or are effervescent. These include beverages that are aerated or infused.

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 reimbursable meals available for sale to students on the School Campus during the School Day.

Non-program Food- Food sold in school during the school day at any time or location on the school campus other than reimbursable meals.

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.