



School Wellness Policy

Effective Date: 8/1/2025

Next Review Date: Every 3 years (with annual progress reports)

Applies to: All students ages 3–6 and all school-sponsored activities during the school day.

I. Purpose

To promote student health, reduce childhood obesity, and ensure that students have access to healthy foods and opportunities for physical activity in order to support learning and lifelong wellness, in compliance with the Healthy, Hunger-Free Kids Act, USDA Smart Snacks in School Standards, and Nevada Department of Agriculture wellness policy guidance.

II. Leadership and Oversight

1. Wellness Committee

- A multi-stakeholder School Wellness Committee shall be maintained, including administrators, early learning teachers, teaching assistants, parents/caregivers, nutrition staff (or liaison), and community health partners.
- The Committee will meet at least **twice annually** to review implementation, set annual goals, and update the policy.

2. Wellness Coordinators

- A designated **School Wellness Coordinator/Food Service Director** at Rainbow Dreams Early Learning Academy will oversee day-to-day implementation.
- The Director of Compliance will serve as a **Program-Level Wellness Coordinator** will ensure broader compliance with Nevada Department of Agriculture reporting, submit required contact information annually (by September 30), and notify of any changes within 60 days.

III. Recordkeeping and Documentation

Maintain records including:

- Wellness Committee membership and meeting minutes.
- Annual implementation assessments and policy review documentation.
- Evidence that foods/beverages provided meet Smart Snacks/Nevada nutrition standards.
- Public communications (website/postings, newsletters).
- Wellness goals and progress summaries.



IV. Nutrition Standards (Nevada + USDA Smart Snacks Adapted for Ages 3–6)

All foods and beverages sold, served, or offered to students during the school day (including celebrations, fundraisers, and rewards) must meet or exceed Nevada’s adaptation of the USDA Smart Snacks in School nutrition standards.

A. General Smart Snacks Requirements

- Applies to all foods/beverages available during the school day on campus.

B. Age-Appropriate Portion and Nutrient Guidance (Ages 3–6)

While the core nutrient thresholds (calories, sodium, fats, sugars) derive from Smart Snacks, portion sizes are adjusted for early learners:

- **Snacks/Side Items (e.g., classroom snacks, rewards):**
 - Calories: ≤ 150 kcal (proportionally lower than older grades).
 - Sodium: ≤ 200 mg.
 - Total fat: $\leq 35\%$ of calories; saturated fat $< 10\%$; zero trans fat.
 - Sugar: $\leq 35\%$ by weight.
- **Entrées/Hearty Items (if used outside of reimbursable meal service):**
 - Calories: ≤ 250 kcal.
 - Sodium: ≤ 350 mg.
 - Same fat/sugar limits.
- **Beverages:**
 - **Allowed:** Plain water (encouraged), unflavored low-fat or nonfat milk (as developmentally appropriate), and 100% fruit juice in limited serving (no more than 4 oz per day for ages 3–6 to control sugar load).

C. Nevada Specific Compliance

- All foods must meet Nevada’s Smart Snacks implementation guidance.

V. Food-Based Incentives and Fundraising

- **Rewards:** Non-food rewards are strongly encouraged. If food is used as a reward, it must comply with the above nutrition standards.
- **Fundraising:** No food items will be sold during the school day. Food items for fundraising events will be in compliance with Smart Snacks/Nevada nutrition standards.



VI. Celebrations and Special Occasions

- Limit food-based celebrations to **no more than one per month**, with preference for non-food alternatives (stickers, activity time, books).
- Any food served must be commercially prepared to mitigate food safety and allergen risk and meet the applicable nutrition standards unless it is part of a planned instructional experience.

VII. Physical Activity

- Provide **at least 30 minutes daily** of developmentally appropriate physical activity (structured or unstructured gross motor play) for ages 3–6, broken into shorter bouts if needed (e.g., two 15-minute sessions).
- Physical activity including recess shall **not** be withheld as punishment.

VIII. Nutrition and Wellness Education

- Integrate simple, age-appropriate messages about healthy eating and physical activity into daily routines (e.g., snack-time discussions, story-based learning).
- Provide family/caregiver education annually via newsletters or meetings about supporting healthy habits at home.
- Display wellness guidance and approved snack/beverage lists on the school's public communication channels.

IX. Communication and Community Engagement

- Publish the wellness policy, annual goals, and progress updates on the school website or in family communications.
- Invite families and community partners to engage in the Wellness Committee.
- Provide easy access to contact information for the Wellness Coordinators so stakeholders can offer input.

X. Monitoring, Evaluation, and Accountability

- Annual self-assessment of implementation will be completed by the school and submitted to the program-level coordinator.
- Key metrics to track: compliance of offered foods/beverages, amount of daily physical activity provided, number/type of wellness events, family engagement levels, and feedback from staff and families. ([nutrition.nv.gov](https://www.nutrition.nv.gov))



- Every three years, conduct a comprehensive review of the policy and compare practice to standards; publicly report results and update goals accordingly.

XI. Definitions

- **School Day:** 7:30AM to 3:30PM
- **Early Learning Age Adjustment:** Portions and educational strategies calibrated for developmental needs of 3–6 year-olds, balancing energy intake and physical activity.

XII. Approval and Adoption

This policy was developed and reviewed by the Rainbow Dreams Early Learning Academy Wellness Committee and is recommended for adoption by the Board of Directors/Executive Leadership.

Approved by: RDA Governing Board

Date: 8/7/2025

Next Review: 8/2026