



# Local School Wellness Policy

MICRO LEARNING



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# Objectives

Identify minimum federal standards and requirements of the USDA Final Rule of 2016

Determine who is responsible for wellness policy process

Discover strategies & tips to get involve in the wellness policy process at the district and school level

Recognize resources and tools to support the wellness policy process

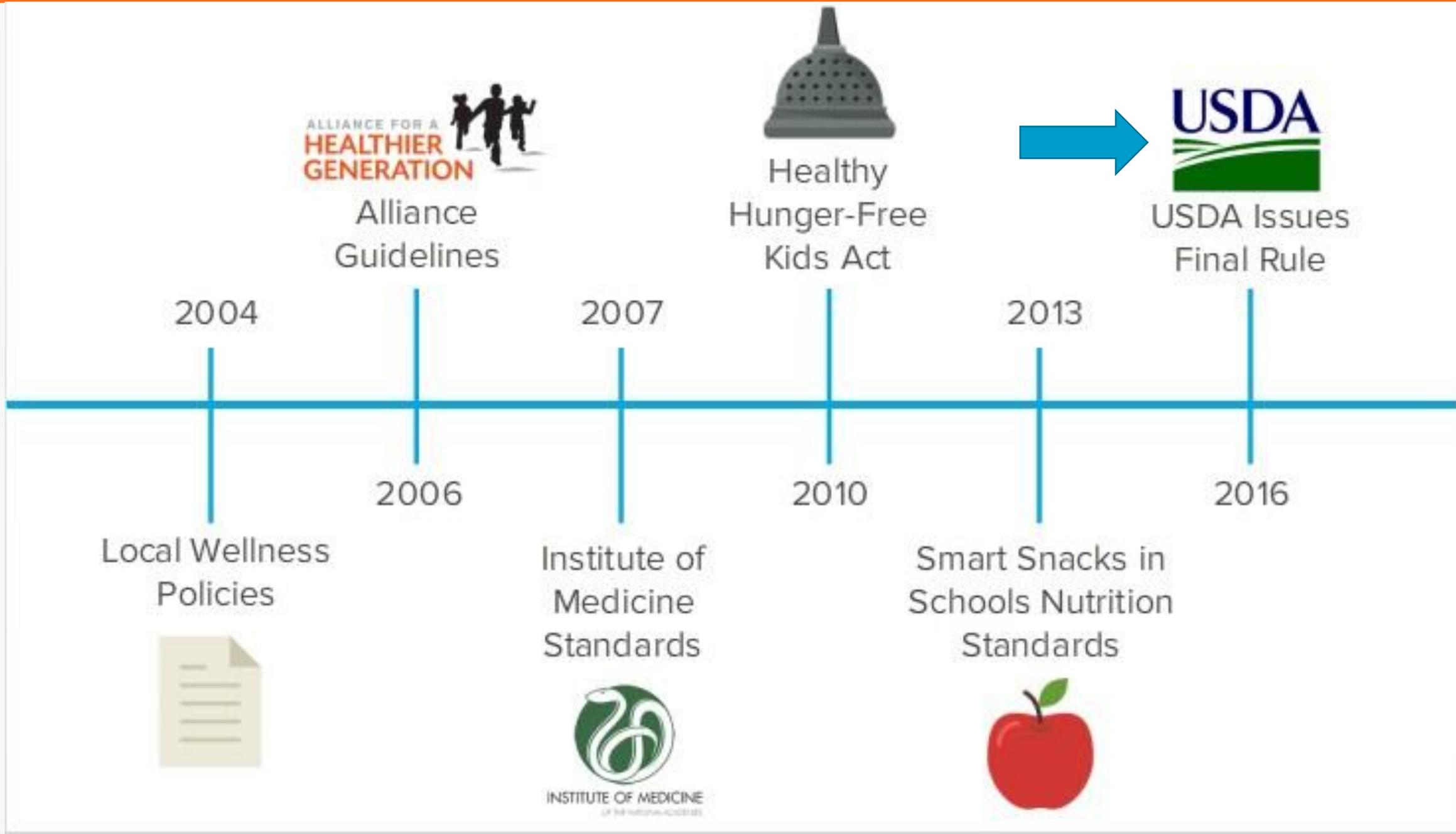
# What is a Local School Wellness Policy?



# What is a Local School Wellness Policy (LWP)

Establishes a school environment that promotes student's health, well-being, and ability to learn.





# USDA Final Rule of 2016

Local education agencies (LEA) “school districts” participating in the National School Lunch Program and/or School Breakfast Program is responsible and required to develop, implement, and evaluate the Local School Wellness Policy (LWP) to ensure that the unique needs of each school under the LEA’s jurisdiction can be addressed



## Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule

### Content of the Wellness Policy

At a minimum, policies are required to include:

- **Specific goals for** nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with Federal regulations for:
  - School meal nutrition standards, and the
  - Smart Snacks in School nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students** during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

### Wellness Leadership

LEAs must establish **wellness policy leadership** of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

### Public Involvement

At a minimum, LEAs must:

- **Permit participation** by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.



[https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary\\_final\\_rule.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_final_rule.pdf)

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What requirements are mandated to be include in  
Local School Wellness Policy?



Specific goals for  
nutrition education  
and promotion

Specific goals for  
physical activity  
opportunities

Specific goals for other  
school-based activities  
that promote student  
wellness

Standards for school  
meals and  
competitive foods and  
beverages sold

Standards for foods  
and beverages offered  
and not sold

Marketing and  
advertising of only foods  
and beverages that meet  
Smart Snacks

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USDA's final rule language to ensure minimum requirements  
are included in LWP in order to be compliant

Public participation in the development, implementation, review, and update of the LWP

Identification of a school district official to ensure LWP compliance

An assessment of the LWP every three years

Annual public updates on the LWP

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USDA's final rule language to ensure minimum requirements are included in LWP in order to be compliant



## Ten Essential Components of Local School Wellness Policy Checklist

This document outlines the ten required components of the local school wellness policy (LWP) as defined by the USDA final rule of 2016. Districts can use this checklist in conjunction with Healthier Generation’s Model Wellness Policy, to revise/update their LWP and ensure that it meets federal requirements. Healthier Generation’s Model Wellness Policy includes model language for the required components, as well as resources to support implementation.

### RATING SCALE

2 = Includes **all** required language

1 = Include **some** of the required language

0 = Include **none** of the required language

| RATING                   | REQUIRED COMPONENTS   | NOTES |
|--------------------------|---|-------|
| <input type="checkbox"/> | The policy identifies one or more school district and/or school official(s) who have the authority and responsibility for ensuring that each school complies with the policy. |       |

# HG’s Ten Essential Components of LWP Checklist



# Model Local School Wellness Policy

POLICY GUIDANCE



- Aligns to USDA final rule of 2016 language
- Includes model policy language that meets minimum federal standards of Healthy, Hunger-Free Kids Act of 2010
- Includes Healthier Generation's Healthy Schools Program Framework criteria with higher standards
- Includes Whole School, Whole Community, Whole Child (WSCC) Model policy language
- Tool to support revisions and compare wellness policies for triennial assessment

Who is responsible and should be  
involved in the  
Wellness Policy Process?

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# District Wellness Council

- School Health Advisory Council (SHAC)
- District Leadership Team
- Health & Wellness Team

Develop, Implement,  
Monitor, & Evaluate the  
Wellness Policy



# School Wellness Committee

- Implement, Comply, & Report Progress



# USDA Final Rule of 2016

Permit participation by the **general public and the school community** (including parents/families, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.



# District Wellness Council Members

Cultural/ Ethnic  
Diversity

Gender Diversity

District Wellness  
Council

Physical Diversity

Economic Diversity

## DISTRICT COORDINATOR RESPONSIBILITIES

- Inform the Public
- Eliminate confusion about policies & procedures
- Support implementation at the school level
- Engage a variety of professionals to serve on district wellness council

“District policies related to health & wellness should be accessible”

# Strategies & Tips to get Involved in the Wellness Policy Process

- Review a copy of the district's local school wellness policy.
- Connect with the district wellness council leader/ coordinator to identify council meeting dates, times, and location.
- Schedule time to attend meetings to support implementing wellness policy goals and to contribute expanding the wellness policy language to provide additional resources.
- Share how your organization and/or skills can benefit your involvement in the wellness policy process.



# Virtual Healthy School

[www.cdc.gov/healthyschools/vhs](http://www.cdc.gov/healthyschools/vhs)

The screenshot displays the Virtual Healthy School interface. At the top, there are four navigation buttons: Home, WSCC Model, Resources, and Downloads. Below these is a 'School Map' section featuring a cartoon character on the left pointing towards a grid of colorful doors representing different school areas. The doors are labeled as follows:

- CAFETERIA (purple)
- GYMNASIUM (pink)
- GRADES K-2 (orange)
- GRADES 3-5 (green)
- GRADES 6-8 (yellow)
- GRADES 9-12 (red)
- STAFF LOUNGE (light blue)
- PLAYGROUND (yellow-green)
- NURSE'S OFFICE (teal)
- HEALTH CENTER (blue)
- COUNSELOR'S OFFICE (grey)
- PRINCIPAL'S OFFICE (brown)
- CONFERENCE ROOM (light blue)

Below the map, the text 'Visit Our Healthy School' is displayed. To the right, there is a 'COMMUNITY MAP' icon with a red pushpin and a 'No Smoking' sign with the text 'A Tobacco-Free Campus'. At the bottom, there is a navigation bar with a left arrow, a central thumbnail of the character, and a right arrow. The thumbnail is highlighted with a green border.

# Resources

- [USDA Final Rule Summary of 2016](#)
- [Healthier Generation's \(HG\) Model Local School Wellness Policy](#)
- [HG's 10 Essential Components of the local school wellness policy](#)
- [CDC's Virtual Healthy School](#)



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