

# Local School Wellness Policy

MDE School Nutrition Programs & Michigan Team Nutrition



# Agenda

- Local Wellness Policy – What and Why
- Local Wellness Policy – Proposed Rule
  - Public Involvement & Updates
  - Content
  - Annual Progress Reports
  - Updates to the Wellness Policy
  - Triennial Assessments
  - Monitoring/Oversight
- Resources
- Questions



# What is a Local School Wellness Policy?

- A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.



# Why??

- The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010.
- It requires each local School Food Authority participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy **that promotes the health of students and addresses the growing problem of childhood obesity.**
  - The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.



# Proposed and Final Rule

<b>Title:</b>	<b>Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010</b>
Published:	February 26, 2014
Comment Period:	Feb. 26 to April 28, 2014
Final Rule Expected:	End of April 2015???



# Content of the Wellness Policy

- The written LWP must contain goals for:
  - Nutrition education
  - Physical activity
  - Other school-based activities to promote student wellness such as (but not limited to):
    - Examples:
      - HealthierUS School Challenge
      - Providing students adequate time to eat
      - Incorporate Farm to School, School gardens
      - Sponsor Health Fairs



# Content of the Wellness Policy

- Nutrition guidelines for all foods available on the school campus.
  - Must include information on Federal regulations for:
    - School meal nutrition standards
    - Smart Snacks in School nutrition standards
- Nutrition Promotion/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.
  - New with 2010 proposal
- Plan for measuring implementation



# LWP Team Leadership

- LEAs must (This is NEW!):
  - 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.
  - Identify within the written LWP the position(s) of those responsible for LWP oversight.



# LWP Team - Public Involvement

- LEAs must at minimum:
  - Permit participation by the general public and the school community (including parents, students, representatives of the school food authority, **teachers of physical education\***, **school health professionals\***, the school board, and school administrators) to participate in the wellness policy development process.
    - \*New with 2010
- Suggestion: Coordinated School Health Team!



# Updates, Review and Assessments

- **This is NEW!**
- Updates to the Wellness Policy
  - Review policy annually and update as appropriate.
- Triennial Assessments
  - The rule proposes to require an assessment of the wellness policy to be conducted every 3 years, at a minimum. It would determine:
    - Compliance with the wellness policy
    - How the wellness policy compares to model wellness policies; and progress made in attaining the goals of the wellness policy.
- All those permitted to assist in the development of the policy must also be permitted to participate in updates and assessments.



# Annual Progress Reports

- **This is NEW!**
- The rule proposes that LEAs provide wellness policy annual progress reports, which would include:
  - The Web site address for the wellness policy and/or information on how the public can access a copy;
  - A description of each school's progress in meeting the wellness policy goals;
  - A summary of each school's local school wellness events or activities;
  - Contact information for the leader(s) of the wellness policy team; and information on how individuals and the public can get involved.



# Public Updates

- This is NEW!
- The rule proposes that LEAs must make available to the public:
  - Wellness Policy
  - Information and updates to and about the Wellness Policy, on an annual basis, at a minimum
    - Annual Progress Report
    - Triennial Assessment
  - Information on how the public can get involved in the development, assessment and implementation of the LWP.



# Monitoring/Oversight

- Local Wellness Policy is reviewed as part of the Administrative Review of the National School Lunch Program completed by School Nutrition Program analysts
- SNP is telling districts to work towards meeting all requirements
  - Create or update LWP to ensure it contains required elements and meets requirements
- If the Districts LWP is missing elements, corrective action will be required. For all other



# Monitoring/Oversight

The screenshot shows the Michigan Department of Education website. The header includes the state logo and the text "Michigan Department of Education". Below the header is a search bar. The main content area is titled "MDE > MDE PROGRAMS > SCHOOL NUTRITION PROGRAMS". Underneath, there is a section for "School Nutrition Programs" with a description of the SNP Unit's role. A large blue arrow points downwards from the "School Nutrition Programs" section towards the "What's New" section. The "What's New" section lists several recent updates, including grant awards, analyst territories, verification steps, training memorandums, and waiver request forms.

- 6 Cent Certification [PDF](#)
- Guidance**
- Sharing Student Meal Eligibility Information and Status [PDF](#)
- Eligibility Certification and Verification
- Civil Rights Guidance
- Counting and Claiming
- Direct Certification
- Food Safety and Sanitation
- Food Service Contracts/Procurement
- **Local School Wellness Policy**
- Food Production
- School Nutrition Programs Requirements Calendar [PDF](#)
- Special Dietary Needs
- News and Notes Archives
- Tuesday News from MDE - SY 2010-2011
- Tuesday News from MDE - SY 2011-2012
- Weekly News from MDE - SY 2012-2013
- Weekly News from MDE - SY 2013-2014
- Howards News from MDE - SY 2014-2015
- Links**
- Exemptions Under the Competitive Food Services Regulation [PDF](#)



# Resources

## Local School Wellness Policy

A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the [Healthy, Hunger-Free Kids Act of 2010](#). It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

A new Model Local Wellness Policy is under development to reflect new requirements including the added provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

### Resources for Schools

- USDA Food and Nutrition Service
  - [USDA Food and Nutrition Service Local School Wellness Policy Website](#) including regulations, tools and guidance on Local School Wellness Policy
    - [Local Process: How to Develop, Implement, and Evaluate a Wellness Policy.](#)
    - [Comparison Chart of 2004 vs. 2010 Requirements](#)
- Centers for Disease Control and Prevention (CDC)
  - [CDC Local School Wellness Policy Website](#)
- Action for Healthy Kids
  - [Tools for Schools](#)
  - [Wellness Policy Tool - Steps for Success](#)
  - [Key Considerations](#)
- Alliance for a Healthier Generation
  - [Wellness Councils and Policies](#)
  - [School Wellness Committee Toolkit](#)
- National School Food Service Institute:
  - Specific to assessment on the implementation of the Local School Wellness Policy - [Resources to Sustain and Strengthen Local Wellness Initiatives](#)

## Administrative Review

As part of the [Administrative Review](#) (AR) process, analysts will review a School District's Local School Wellness Policy and associated supporting documentation *PRIOR TO THE ONSITE VISIT*.

Monitoring Process:	
Districts should keep <i>Supporting Documentation</i> on file.	
Documentation will be requested in electronic format prior to onsite visit.	
Monitoring Language	Expectation – What to provide to AR Analyst
Provide a copy of the current Local School Wellness Policy. *1000	Provide a copy of the current Local School Wellness Policy  Example – Emailed to analyst in a PDF or Word document. NOT faxed or mailed.

School Nutrition Programs LWP website:  
[http://www.michigan.gov/mde/0,4615,7-140-43092\\_50144-194546--,00.html](http://www.michigan.gov/mde/0,4615,7-140-43092_50144-194546--,00.html)



# Resources

- USDA LWP Website: <http://www.fns.usda.gov/tn/local-school-wellness-policy>
- Action for Healthy Kids: [Wellness Policy Tool](#)
- Alliance for a Healthier Generation: [LWP Resources](#)
- Michigan Team Nutrition – Steps to a Healthy School Environment website with LWP resources. Work began in October, expected late spring.



