

Local School Wellness Policy

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Agenda

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- Local Wellness Policy – Proposed Rule
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What is a Local School Wellness Policy?

- 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?

- Established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010.
- 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.**



Proposed and Final Rule

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



Public Involvement – LWP Team Leadership

- **This is NEW!**
- 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 – LWP Team

- 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!



Content of the Wellness Policy

- The written LWP must contain goals for:
 - Nutrition promotion*
 - Nutrition education
 - Physical activity
 - Other school-based activities to promote student wellness such as:
 - HealthierUS School Challenge
 - Farm to School, school gardens
 - Providing students adequate time to eat
 - Addressing food allergies
 - LEAs are required to review and consider evidence-based strategies in determining these goals
 - ***New with 2010**



Content of the Wellness Policy

- Nutrition guidelines for all foods and beverages available on the school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards
 - Smart Snacks in School nutrition standards
- Policies for Food and Beverage Marketing*
 - Allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
 - ***New with 2010**



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.



Triennial Assessments

- **This is NEW!**
- 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.
- Those permitted to assist in the development of the policy must also be permitted to participate in assessments and updates.



Updates to the LWP and Public Updates

- **This is NEW!**
- Updates to the Wellness Policy
 - The proposed rule requires that LEAs update or modify the wellness policy as appropriate
- Public Updates
 - 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; and
 - Triennial Assessment



Monitoring/Oversight

- The proposed rule would require State agencies to assess compliance with the wellness policy requirements as a part of the Administrative Review conducted by School Nutrition Program (SNP) analysts.
- SNP analysts are asking districts to work toward meeting all requirements – create or update LWP to ensure it contains required elements and meets requirements
- If the school district's LWP is missing required goals, corrective action will be required.
- For SY 2014-15 if the policy is missing other requirements technical assistance will be provided.



Resources



Resources

Administrative Review
As part of the Administrative Review process, schools will receive a School District Local Wellness Policy and District Local Wellness Policy Report (LWPPR) for the 2013-14 school year.

Monitoring Process
Districts should keep supporting documentation on file. Documentation will be requested in electronic format prior to onsite visit.

Monitoring Language	Explanation - What to provide to AR Analyst
Provide a copy of the current Local School Wellness Policy. Note:	Provide a copy of the current Local School Wellness Policy.
	Document - District is updated in a PDF or Word document. PDF files are in a PDF or Word document. PDF files are in a PDF or Word document.

School Nutrition Programs LWP website:
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](#)
- Yale Rudd Center: [WellSat](#)
- Michigan Team Nutrition – Steps to a Healthy School website: <http://mihealthyschools.org/>



Handouts

- Summary of the Proposed Rule: <http://www.fns.usda.gov/sites/default/files/tn/LWPproprulessummary.pdf>
- LWP Overview, Action Steps and Comparison Chart: <http://www.fns.usda.gov/sites/default/files/lwpoverview.pdf>




