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.

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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:	End of April 2015???

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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

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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 <u>at minimum</u>:
  - 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.

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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.

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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.

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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

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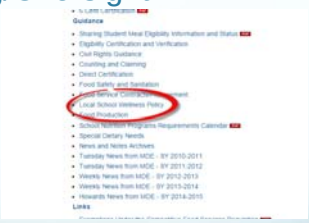
Monitoring/Oversight



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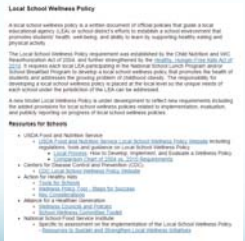
Resources



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

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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.