

Local School Wellness Policy

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Agenda

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- Local Wellness Policy – Proposed Rule
 - Public Involvement & Updates
 - Content
 - Annual Progress Reports
 - Updates to the Wellness Policy
 - Triennial Assessments
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- 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

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???



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.



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.




