

Michigan Department of Education Local School Wellness Policy Update Outline

Background

A local school wellness policy is a written document of official rules 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.

While LEAs have flexibility to develop the specific content of their local school wellness policies, the policies must include the following:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities designed to promote student wellness.
- Standards and nutrition guidelines for all foods and beverages available on the school campus during the school day that at minimum are:
 - consistent with Federal regulations for program meals.
 - consistent with Smart Snacks in School nutrition standards.
 - designed to promote student health and reduce childhood obesity.
- Policies that allow marketing or advertising of only those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the Smart Snacks in School nutrition standards.

LEAs are also required to:

- Review and consider evidence-based strategies when setting local school wellness goals.
- Involve, inform, and update the public (including parents, students, and other stakeholders) about the content and implementation of the local school wellness policy.
- Conduct a triennial assessment. This assessment must be conducted at least once every three years to determine compliance, progress, and the extent to which the policy compares to model local school wellness policies.
- Update or modify the local school wellness policy as appropriate.

MDE Recommends an annual review of the local school wellness policy. This outline can be used to assist in the review and updating process.

Additional resources are available at <http://www.michigan.gov/schoolnutrition>. When on the page, scroll down and select Local School Wellness Policy below the Guidance heading.

Michigan Department of Education Local School Wellness Policy Update Outline

Timeline and Team Details	Describe timeline and list possible Local School Wellness Policy Committee members
Timeframe update will occur (Month, Year - Month, Year)	
Planned meeting frequency	
Designated leader(s) of the wellness policy team	
LWP Team member names and relationship to the LEA	

Public Notification and Outreach	<p>For each stage of policy development:</p> <ul style="list-style-type: none"> List out groups of stakeholders to include in outreach/recruitment and notification. List method of notification (social media, email, newsletters, etc.) <p>Stakeholders: Including but not limited to: parents/guardians, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the public.</p>
Policy Development	
Policy Implementation (activities connected to the policy)	
Policy Review and Update	

Michigan Department of Education Local School Wellness Policy Update Outline

LWP Content	Describe how each area will be included and who is responsible for this topic area
Nutrition Promotion	
Nutrition Education	
Physical Activity	
Other school-based activities that are designed to promote student wellness	

Michigan Department of Education Local School Wellness Policy Update Outline

LWP Content Continued	Describe how each area will be included and who is responsible for this topic area
Standards and nutrition guidelines (Including all foods and beverages available on the school campus during the school day)	
Policies that allow marketing or advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.	
Plan for Measuring Implementation	Identify tools and resources that can be used for assessment
What tools will be used for determining whether each school is implementing the policy as written?	
What tools will be used to complete the triennial assessment?	

Michigan Department of Education Local School Wellness Policy Update Outline

Notes