

# Local School Wellness Policy

Section 204 of the [Healthy, Hunger-Free Kids Act \(HHFKA\)](#) of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expanded upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The HHFKA expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy.

Source : <http://www.fns.usda.gov/tn/local-school-wellness-policy-requirements>



## At a minimum, a local school wellness policy must include:

1

Measurable goals for nutrition education, physical activity, nutrition promotion and school-based activities to promote student wellness

2

Nutrition guidelines for all foods available on the school campus and for school meals

3

Involvement of parents, students, school board, PE teachers, school health professionals, food service, administrators, and community members

4

A way to measure the school's progress toward achieving its wellness goals

5

A way to share the wellness policy and how much progress the school has made in achieving its wellness policy goals with the public

6

One or more designee responsible for ensuring compliance

# Online Resources

## Idaho Child Nutrition Programs School Wellness Policies

Provides a vast array of resources for implementation, monitoring, and evaluation, as well as model policy examples, tools for success, and federal requirements.

 <http://www.sde.idaho.gov/site/cnp/wellness/>

## USDA Team Nutrition Local School Wellness Policy

This site outlines, through additional links, the rules and requirements of the wellness policy as well as provides additional resources available to assist in the policy's overall execution.

 <http://www.fns.usda.gov/tn/local-school-wellness-policy>

## WellSAT:2.0 Wellness School Assessment Tool

Developed by the Rudd Foundation in partnership with the Robert Wood Johnson Foundation, this online tool provides a way to measure the quality of written policies and provides a personalized scorecard.

 <http://www.wellsat.org/>

## Centers for Disease Control and Prevention (CDC) School Health Index

The School Health Index (SHI) is an online self-assessment and planning tool that allows schools (one for Elementary Schools and another for Middle/High Schools) to find out where they stand with their wellness policy in order to improve the policies already in place.

 <http://www.cdc.gov/healthyyouth/shi/index.htm>

## GENYOUth Foundation

Provides programs and information to assist schools in increasing physical activity and proper nutrition in schools. Through a growing list of partners, this is a useful tool that includes studies such as The Wellness Impact Report.

 <http://www.genyouthfoundation.org/programs>

## Fuel Up to Play 60

This program has been organized between the National Dairy Council and NFL in association with USDA to provide prizes and incentives for students to make simple choices each day to eat healthy foods and get active for at least 60 minutes a day.

 <http://www.fueluptoplay60.com>



## HOW EFFECTIVE IS YOUR SCHOOL'S WELLNESS POLICY?

Complete the [Idaho Wellness Policy Progress Report](#) to find out.

[CLICK HERE TO GET STARTED](#) 

**Idaho Wellness Policy Progress Report** Updated 2/2013

This template provides information on wellness policy requirements and practices within your school. Use this tool to track your progress and gather ideas on ways to create a healthier school environment.

District Name: \_\_\_\_\_ District Number: \_\_\_\_\_ Date of Evaluation: \_\_\_\_\_

School Name: \_\_\_\_\_ Most recent review by Wellness Committee: \_\_\_\_\_

Select all that apply:  PK  1  2  3  4  5  6  7  8  9  10  11  12

**Yes No I. Public Involvement**

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:  
 Administrators  School Food Service Staff  P.E. Teachers  Parents  
 School Board Members  School Health Professionals  Students  Public

We have a designee to ensure each school is in compliance with the wellness policy.  
Name/Title: \_\_\_\_\_

We make our policy available to the public.  
Please describe: \_\_\_\_\_

We communicate the results of wellness policy implementation and progress toward our policy goals to the public.  
Please describe: \_\_\_\_\_

Our district periodically reviews the written wellness policy for compliance and adherence to best practices.

**Yes No II. Nutrition Education**

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards-based nutrition education in a variety of subjects (e.g., science, health, math, etc.).

We offer nutrition education to students in:  Elementary School  Middle School  High School

**Yes No III. Nutrition Promotion**

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with groups, use of creative names, posters, bulletin boards, etc.

We have reviewed Snapper Lunchroom techniques and evaluated our ability to implement various techniques.

We ensure students have access to hand-washing facilities prior to meals.

We place fruits and vegetables where they are easy to access (e.g., near the cafeteria cashier or near the front of the line).

We annually evaluate how to market and promote our school meal programs.

We regularly share school meal nutrition information (e.g., calories, fat, & sodium content) with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g., buildings, playing fields, etc.).

We give nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fluids or non-beverage options:  Drinking Machines  School Store  Track Ball  24-Carat

We have nutrition standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of non-food reward options.

We prohibit the use of food and beverages as a reward.

Click on page 2