

Working Toward Wellness

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Supporting Student Health

A **Local School Wellness Policy** is a way schools and districts can make a comprehensive plan to support the health and well-being of students. There are lots of ways schools can create a safe and healthy place for students. While no two local school wellness policies are identical, there are certain wellness policy requirements that all schools that participate in the National School Lunch and School Breakfast Programs need to follow.

Turn the page for more information on Local School Wellness Policies!

Where do school wellness policy requirements come from?

The **Local School Wellness Policy** requirement was first mandated in 2004 with the **Child Nutrition and WIC Reauthorization Act**. This law required that school districts have a wellness policy to support student health, well-being, and ability to learn. In 2010, Congress passed the **Healthy, Hunger-Free Kids Act**. This act built on the original requirements by adding more detail about how districts should be checking on the progress of their wellness policy. While Congress passed the laws that mandated wellness policies, it's actually the USDA that creates the Final Rules that schools need to follow.

Did you know?

Local School Wellness Policies are required at the district level. However, your school can expand on the district policy and make a plan that's just right for your school's needs.



School Wellness Success! Farmington, Minnesota

Farmington Area Public Schools, a district in Minnesota serving 6,773 students, used a different approach to successfully implement their local School Wellness Policy.

In order to meet nutrition education goals, schools within the district held competitions to encourage students to eat more fruits and vegetables, promoted healthy fundraising options like selling fruit boxes, and presented TV segments on healthy cooking during morning announcements similar to Food Network.

In order to meet school meal and competitive option goals, the district added healthier options to vending machines, cafeterias, and featured snack shops comprised of 100% healthful foods.



What is in a Local School Wellness Policy?

Local School Wellness Policies are required by the United States Department of Agriculture. These policies should help promote student health, well-being, and ability to learn.

Goal Driven

A local school wellness policy is required to have goals for:

- » Nutrition promotion and education
- » Physical activity
- » Other activities at school to promote student wellness



Food Guidelines

A local school wellness policy should have guidelines for food available at school.

- » These should help promote student health.

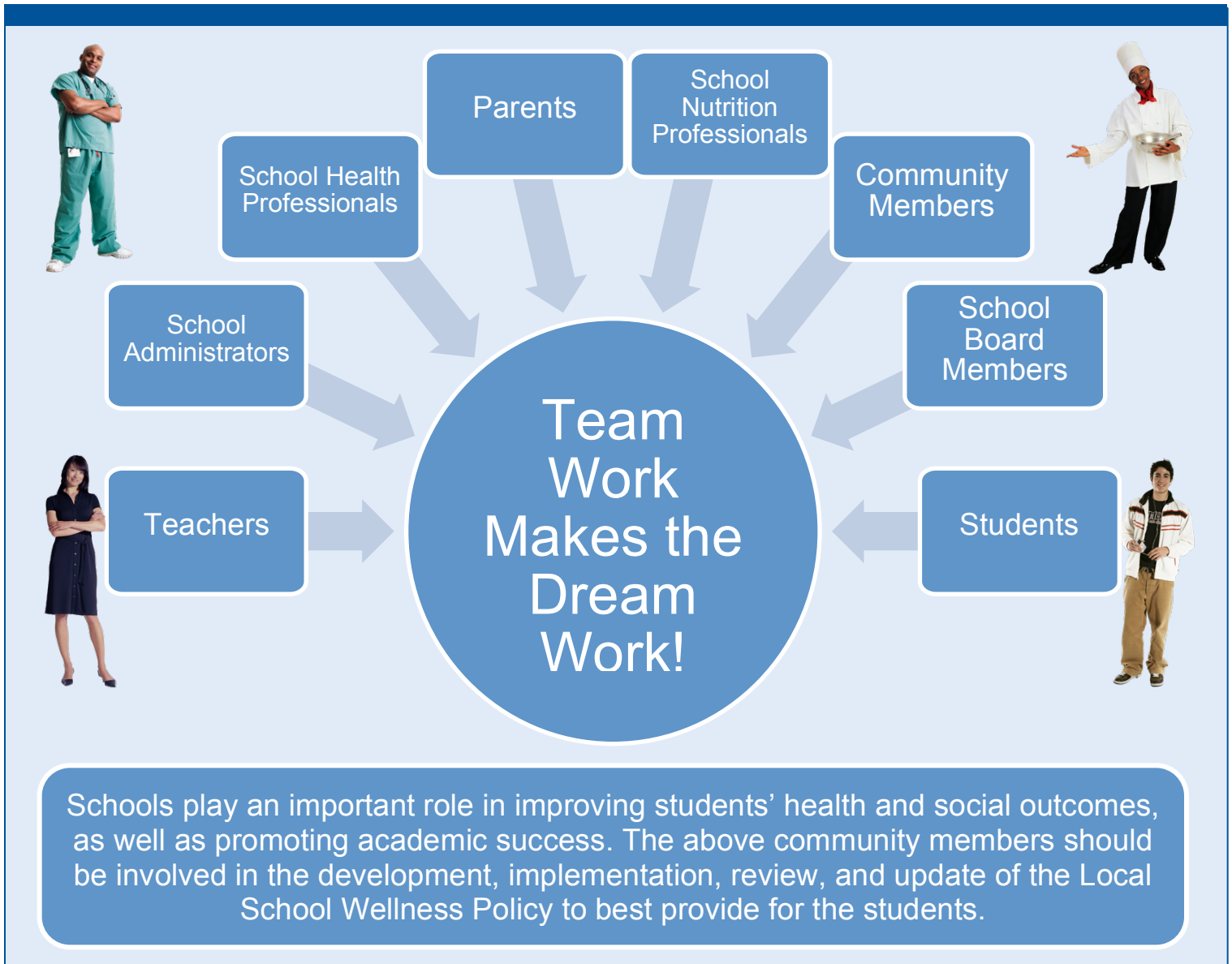
Sense of Community

People in the community should help design and carry out the policy.



Check-Up

The district should check that the policy is working from time to time.



School Wellness Success! Clinton, Mississippi

In striving to achieve Local School Wellness Policy goals implemented by the public school district in Clinton, Mississippi, schools took action.

Several training sessions for cafeteria staff were provided to promote the reduction of salt and sugar used in recipes, use of alternative herbs and

spices, and ways to prepare visually appealing foods.

School officials held taste tests with students to involve them in the decision-making process and hosted a student recipe contest.

To improve physical activity, implementation of programs designed to promote health through 60 minutes of activity per day and videos to stimulate physical activity inside the classroom were essential.



How Can You Get Involved?

Look at your school district's website.

- » Most school districts will have a link to their Local School Wellness Policy on their website.
- » The policy is often available at the school nutrition services section of the website.
- » See if there is an upcoming district Wellness Committee meeting you can attend.

Contact a leader at your school site.

- » Try contacting either your school principal or your school district's school nutrition services director and discuss your ideas on how you would be willing to help at your school site, or let them know you are interested.

Get started!

- » After you talk about your ideas with your school leader, it's time to get started!
- » Have fun with it and remember that all wellness goals, however big or small, can make a positive impact on the health and wellness of the whole school community.

More information about Local School Wellness Policies and how you can get involved is available at <http://www.fns.usda.gov/tn/local-school-wellness-policy>.



School Wellness Success! Chicago, Illinois

The Academy for Global Citizenship, a Chicago Public Charter School serving 300 students, has had success in implementing its own Wellness Policy.

This policy serves to promote daily recess, meals made from scratch, morning yoga for all students, and extracurricular activities.

The school encouraged staff members to create meals made from locally grown produce while promoting excitement for the addition of new meals by letting students and parents participate in the sampling and review of new food items.

A teaching garden was established to encourage student involvement with the food production process and is used to enhance academic lessons and homework assignments.



Did you know?

Some schools create school specific wellness committees to build on the district policy.



Test your knowledge with our Local School Wellness Policy quiz!

The Results are In!

If you got all five right:

You are well-rounded on your Local School Wellness Policy knowledge! You know the requirements and suggestions for a successful policy and are ready to get involved. Put yourself out there and keep learning more!

If you got three or four right:

You're on the right track! Try finding the information you missed in other pages of this newsletter to become a Local School Wellness Policy master!

If you got one or two right:

It just means you have more opportunities to learn. Read through the newsletter again, or check out the information and resources available through the Local School Wellness Policy Collaborative at <http://teamcaliforniaforhealthykids.org/school-wellness/>

1. Local School Wellness Policies are required for every school site.
 - a. True
 - b. False
2. Only people who work at the school district or at a school site should be involved in the development, implementation, review, and update of the Local School Wellness Policy.
 - a. True
 - b. False
3. The Child Nutrition and WIC Reauthorization Act of 2004 added a new requirement for each district to have a Local School Wellness Policy.
 - a. True
 - b. False
4. The Healthy, Hunger-Free Kids Act of 2010 eliminated the requirement to have a Local School Wellness Policy for each district.
 - a. True
 - b. False
5. Most school districts will have a link to their Local School Wellness Policy on their website.
 - a. True
 - b. False

1. b; 2. b; 3. a; 4. b; 5. a

Check your answers at the bottom of the page!

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