Local School Wellness Policy

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Overview of Local School Wellness Policy (Part One)

- Why Student Wellness Matters
- Local School Wellness Policy Requirements
- Policy Review
- Roles of Committee Members
- Resources
Why Student Wellness Matters

Connections to schools
Why is Student Wellness Important to You? to your Stakeholders?

Write your response down—we will hear from a few of you.
Here’s What We Know...
Obesity Prevention

Obesity is common.

• More than one-third of U.S. adults (over 72 million people). Co-existence of obesity, poverty, and food insecurity. (CDC)

Obesity begins in childhood.

• 17% of U.S. children are obese. (CDC)

Obesity is costly.

• Annual medical costs of obesity is $147 billion. (Finkelstein et al., 2009)
Schools are the Heart of Health
Health and Academics: Each Helps the Other

Higher Academic Achievement

Positive Health Behaviors
Wellness.... Investment in the Bottom Line

Academics
- Increased readiness to learn
- Better achievement

Staffing
- Fewer visits to school nurse
- Fewer behavior problems

District Funding
- As school wellness increases the ADA goes up
Local School Wellness Policy Requirements

Assess Your Readiness!
Here’s What The Law Says We Must Do
2004 Child Nutrition and WIC Reauthorization Act

- Established Local School Wellness Policies

- Required for all Local Education Agencies participating in Federal Meal Programs

**Ground Breaking Legislation!**
Designed to address childhood obesity and support student health
Local School Wellness Policy 2004–2006 Requirements

- Goals for Student Wellness—
  - nutrition education, physical activity, other student wellness

- Nutrition Guidelines

- Evaluation and Operational Oversight

- Stakeholder Engagement
Healthy, Hunger-Free Kids Act of 2010

What’s New?

- Nutrition Promotion Goals
- Broader Stakeholder Engagement
- Public Notification and Education
- Implementation
- Compliance at School Site

Stronger Implementation
Final Rule to be released 2015

- Proposed rule highlights:
  - Stronger focus on nutrition promotion and marketing
  - More implementation and reporting at the school level!
CDE Administrative Reviews

- School Food Authority reviewed by the California Department of Education
- Includes Local School Wellness Policy as General Requirement

Now... Every three years
<table>
<thead>
<tr>
<th>Statements</th>
<th>Yes</th>
<th>Partially</th>
<th>No</th>
<th>Documentation Example(s)</th>
<th>Our-Documentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Our Board adopted a Local-School-Wellness-Policy that meets all of the 2010 Healthy, Hunger Free Kids Act requirements.</td>
<td>☒</td>
<td>☐</td>
<td>☐</td>
<td>Wellness policy hard copy or web postings</td>
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<tr>
<td>2. We engage stakeholders regularly to participate in the development, review, update and implementation of the local school wellness policy.</td>
<td>☒</td>
<td>☐</td>
<td>☐</td>
<td>Stakeholder language in policy, committee roster, meeting agendas, Web posting committee</td>
<td>☐</td>
</tr>
<tr>
<td>We have a process to notify potential stakeholders of the opportunity to participate in the wellness policy.</td>
<td>☒</td>
<td>☐</td>
<td>☐</td>
<td>Emails, letters of invitation, procedures, web postings</td>
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</tr>
<tr>
<td>3. We notify the public about the content of our policy on an annual basis.</td>
<td>☒</td>
<td>☐</td>
<td>☐</td>
<td>Website, flyers, posters, newsletters, meeting agendas, brochures</td>
<td>☐</td>
</tr>
<tr>
<td>We notify the public about our progress on an annual basis.</td>
<td>☒</td>
<td>☐</td>
<td>☐</td>
<td>School report cards, letters</td>
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Steps to Success in LSWP

- Policy Review Activity
Here’s What You Can Do
Implement Thoughtful Wellness Policies…

Which Lead to Healthy School Environments
Basic Sections of a Local School Wellness Policy

- **Preamble or Introduction**
- **Stakeholder Committee**
  - Can also appear at the end
- **Nutrition Guidelines**
  - Guidelines for Reimbursable Meals
  - Competitive Foods and Beverages
  - Other related Policies (such as celebrations, rewards)
- **Goals**
  - Nutrition Education, Nutrition Promotion, Physical Activity and Education, Other School Based Activities (includes student and family involvement)
- **Policy Development, Implementation and Evaluation**
  - Can also appear at the beginning

Many school districts use a template
Strong Wellness Policies Are...

- **Comprehensive:** All sections included

- **Strongly Worded:** Requires implementation
  - **Strong** Language: “Shall, must, will, require, comply, enforce”
  - **Weak** Language: “Should, may, encourage, promote, to the extent possible”

- **Specific:** Subsections provide details of what, when, how, and who
Pop Quiz

- Listen to the policy statement
- Vote with your cups!
  - Green Cup on top means strong language
  - Red Cup on top means weak language
Reasons for Weak Policies

- Insufficient participation
- Lower priority/commitment to make change
- Perceived lack of resources to make the change
- Income from Competitive Foods/Beverage
- Strong language weakened in committee
- Resistance to change
- District wellness actions not included in policy
- Lack of knowledge about the school-age obesity problem
### Activity:
Use this handout to review your policy

#### Worksheet: Policy Evaluation Checklist for Local School Wellness Policy

For Step 2: Review Local School Wellness Policy

An effective policy is tailored to your district and individual school’s needs, goals, and resources. This checklist for local school wellness policies is based on the Public Health Law

**Overview**

- Establishes district commitment to health and link to achievement?

**Goals for Student Wellness**

**A. Nutrition Education**
- Have specific nutrition education standards (hours, curriculum, standards, etc.)?
- Address requirements for teacher certification or training in nutrition education?
- Include integration into other subjects?
- Include experiential learning such as farm-to-school, cooking, and instructional gardens?

**B. Nutrition Promotion**
- All foods marketed meet federal nutrition and state standards?
- Prohibit marketing or advertising of unhealthy foods and beverages?
- Promote healthy foods w/ variety of methods?
- Market activities that promote healthy behaviors?
- Prohibit use of food and physical activity as reward or punishment?
- Conduct healthy fundraisers and celebrations?

**C. Physical Activity**
- Have specific requirements for physical activity in classroom?
- Address specific recess time requirements?
- Address requirements for physical activity before and after school?
- Address school transportation requirements (walking, biking, school bus and school patrol)?
- Include joint-use agreements?

**D. Physical Education**
- Have specific physical education requirements (standards-based, hours, graduation requirements)?
Online Policy Assessment Tool

- Well-SAT 2.0 now updated for Healthy, Hunger-Free Kids Act
  - http://www.wellsat.org

- Well-SAT i also available to measure implementation, but still in draft form
  - http://www.wellsat.org/faq.aspx#implementation

/
Steps to Successful Local School Wellness Policy Implementation

Step 1: Engage Stakeholders
Step 2: Review Policy
Step 3: Assess Environment
Step 4: Select Goals and Create Prioritized Action Plan
Step 5: Revise and Adopt Policy
Step 6: Monitor and Evaluate
Step 7: Notify Public

What’s the Most Important Step to Success?

Stakeholder engagement!
Tips for Wellness Committees

- **Research**
  - Review requirements, reach out to potential members, get administrative support

- **Plan**
  - Outline meetings (schedule, general topics etc)
  - Send out invite with description of committee

- **Educate At Your First Meeting**
  - Be the expert—share the background information
  - Orient them to the timeline

- **Keep the Momentum Going**
  - Communicate after each meeting
  - Start small and over time, create subcommittees
  - Have a role for everyone
Local Wellness Policy
Who’s on Your Team?

- Visionaries
- Cheerleaders
- Pioneers: – Early movers and shakers
  - Trail Blazers
- Successful Networking: key people, websites, media
- Supportive Leaders
- Input: Students, staff, parents
- Workers
- Evaluators
## Resource for Assessing Stakeholder Engagement

### Wellness-Committee-Progress-Checklist

For each statement, check if yes if true, partially if somewhat, and no if it is not.

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<th>Statements</th>
<th>Yes</th>
<th>Partially</th>
<th>No</th>
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<tbody>
<tr>
<td>1. The process for participating in the committee is clearly communicated to the community</td>
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<td>2. Membership in the committee is inclusive and involves diverse stakeholders</td>
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<td>3. Regular monthly/bi-monthly meetings occur with attendance by most members</td>
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<tr>
<td>4. Established procedures for conducting business are in writing and understood by members and district</td>
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<tr>
<td>5. A chairperson provides positive and productive leadership</td>
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<tr>
<td>6. Members understand what is expected of them and are willing to share responsibilities for carrying out the committee’s action plan</td>
<td>☐</td>
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<tr>
<td>7. The committee has assessed the community climate and identified potential areas of conflict</td>
<td>☐</td>
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<tr>
<td>8. Varied and opposing viewpoints are valued by the committee and conflicts are resolved as they occur</td>
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<tr>
<td>9. Meetings are conducted in a professional manner allowing all</td>
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School Lunch Program History

Did you know?

The National School Lunch Program was created in 1946 "as a measure of national security, to safeguard the health and well-being of the nation's children."

Source: National School Lunch Act, Section 2, Public Law 396, 79th Congress, June 4, 1946
The Wellness Buck Stops Here!

- Look at your list of wellness committee stakeholders

- When the tone sounds, pass the buck around the table.

- When the tone stops, whoever has the buck answers the question
Resources for You

CA LSWP Collaborative
Upcoming CDE Training
Our CA LSWP Collaborative is Here to Help!

Model Policies
Policy Evaluation Tools
Wellness Policy Directories
E–tools and Web–based Libraries
One stop Shopping!

California Local School Wellness Policy Collaborative

The California Local School Wellness Policy (LSWP) Collaborative brings together state leaders committed to improving student wellness and academic success. By leveraging their collective resources, the collaborative members are building a statewide infrastructure that supports schools in updating and implementing their Local School Wellness Policies.

**Vision:**
We inspire school communities to take their wellness policies from paper to practice.

**Mission:**
We are a catalyst for school communities and stakeholders to implement highly effective local school wellness policies in California schools to support student health and academic achievement.

**Collaborative Goals:**
Build broad support for local school wellness policy implementation, among schools, after school programs, health departments, elected officials and community stakeholders; and

Assist districts in revising their policies to meet Child Nutrition Reauthorization Act/Healthy Hunger Free Kids Act of 2010 requirements and strengthening their skills and commitment to implement local priorities and monitor adopted local school wellness policies.

For more information about the California Local School Wellness (LSWP) Collaborative and to access resources, please visit our web page at: TeamCaliforniaForHealthyKids.org/School-Wellness
Questions?

Thank You!

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