

Wellness Workshop

Welcome

School Wellness Policies

Final Rule Overview

What is a Local School Wellness Policy

- A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

What is a Local School Wellness Policy

- The responsibility for developing, implementing, and evaluating a wellness policy is placed at the **local level**, so the unique needs of each school under the LEA's jurisdiction can be addressed.
- Each LEA participating in the National School Lunch Program and/or School Breakfast Program is required to develop a wellness policy.

Legislative Background

2004 Child Nutrition and WIC Reauthorization Act

Participating LEAs to establish LWP by SY 2006

2010 Healthy, Hunger-Free Kids Act

Local School Wellness Policy Implementation

The Final Rule

Effective: July 30, 2016

Provisions of the Final Rule

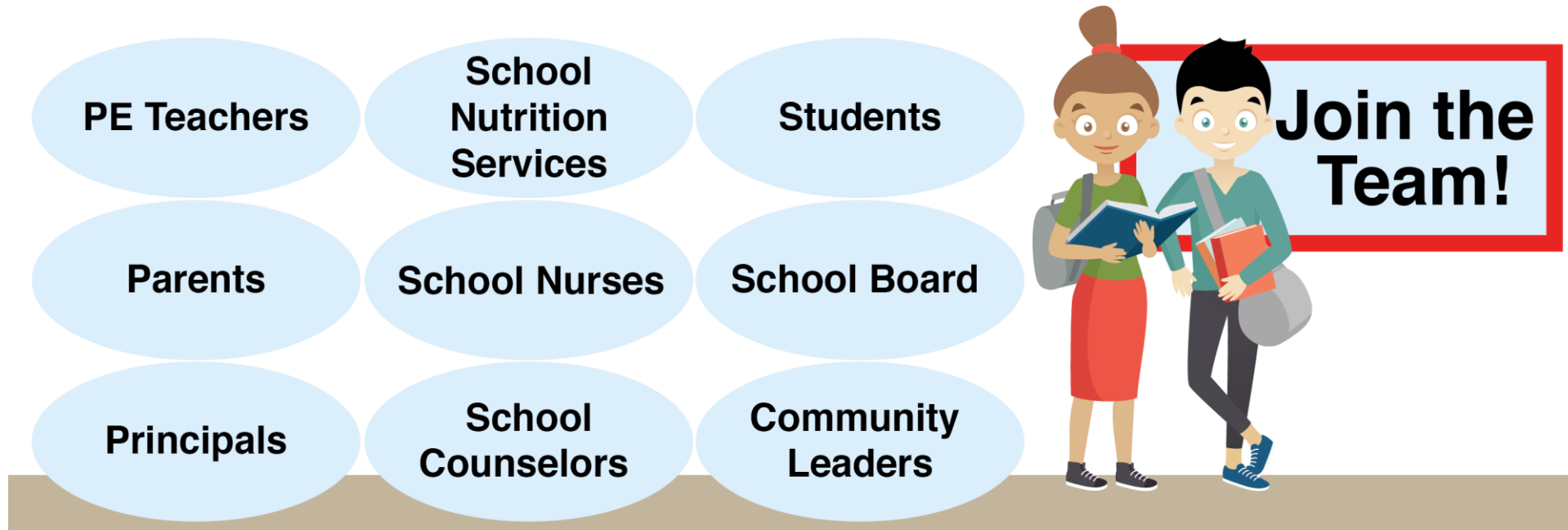
On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies.

The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017.

LEAs must fully comply with the requirements of the final rule by **June 30, 2017**.

Content of the Wellness Policy

Wellness Committee: Has formed a Committee to develop a school wellness policy that includes parents, students, food service personnel, PE teachers, school health professionals, school board members, school administrators and the general public



Content of the Wellness Policy


USDA Requirements for School Meals: Has assured School Meals meet the USDA requirements



Content of the Wellness Policy

Nutritional Guidelines for all foods and beverages SOLD: Has set Nutritional Guidelines for foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for:

- School meal nutrition standards, and the
- Smart Snacks in School nutrition standards



Smart Snacks regulations standardize nutrition requirements to make sure all kids have access to healthy snacks that are consistent with the nutrition education they receive, and promote overall healthy eating habits.

Content of the Wellness Policy

NEW! Nutritional Guidelines for NON-SOLD foods and beverages: Has set Nutritional Guidelines for foods and beverages not sold but made available on the school campus during the school day

For example: in classroom parties, classroom snacks brought by parents, or other foods given as incentives



Nutritional Guidelines for NON-SOLD Foods and Beverages


For ideas, click [HERE](#)

Healthy Celebrations



Classroom Celebrations

USDA. FNS. Team Nutrition.

Check out these fun and healthy ideas for classroom celebrations and seasonal holidays. The following ideas will help you incorporate healthier snacks and physical activity into these special events. They include ways that these events can support the learning in the six [Discover MyPlate lessons](#) , but you can also use these ideas anytime.



School Celebrations (2005)

North Carolina Eat Smart Move More.

Includes sample policy language for celebrations, plus ideas for healthy celebrations.



Healthy Celebrations-Let's Celebrate!

Alliance for A Healthier Generation.

Provides the background on why celebrations matter with helpful, simple ideas for non-food celebrations and celebrations using healthy foods and beverages.



Healthy Ideas for Student Rewards (2003) (PDF | 105 KB)

Montana Team Nutrition.

Discover healthy alternatives to food rewards with this list of ideas and vendors.



Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health (PDF | 1.89 MB)

Center for Science in the Public Interest.

A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance. This [infographic](#) summarizes beneficial and inexpensive ways to reward kids for performing well that don't involve food.



Healthy Classroom Celebrations

Weld County School District 6, Colorado.

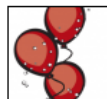
Resources for classroom party kits, celebrations, and contests.



Healthy Celebrations (January 2013) (PDF | 1.19 MB)

KSDE. Child Nutrition & Wellness.

There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Food and beverages are often a part of celebrations, but they don't have to be the center of attention. With a few easy changes, the focus at parties can shift from unhealthy food to healthy fun!



Let's Party! School Party Ideas (PDF/8.11 MB) (April 2010)

West Virginia Department of Education.

Each party theme in this booklet features active play and games, art and music, and healthful foods.

Nutritional Guidelines for NON-SOLD Foods and Beverages

& [HERE](#).



Birthdays, Celebrations and Family Events

Birthdays, celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices at school. Plan events that emphasize healthy foods and align with classroom lessons or shift the focus and plan non-food events centered on physical activity, music, art and games. Host events that make it easy for children to practice making healthy choices.

ACTION FOR HEALTHY KIDS 
TIP SHEET

The birthday child can:

- Be the teacher's helper
- Wear a special crown, sash, button or badge all day
- Donate and/or read a favorite book to the class
- Choose the class music for writing or independent study time
- Receive a personalized birthday card from the teacher via email or snail mail
- Choose a game or activity the class does for the last few minutes of the school day
- Have special time for a walk, game or activity with the teacher, principal or another adult
- Receive a "Celebrate Me" book from classmates with written stories, poems or drawings about the birthday child

Content of the Wellness Policy

NEW! Food & Beverage Marketing: Allows marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)

Would **not** apply to marketing that occurs at events outside of school hours



Examples

Applies to:

- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

Does NOT apply to:

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools

Content of the Wellness Policy

Nutrition Education: Has at least 2 goals for Nutrition Education
(For example: Team Nutrition materials)

Nutrition Promotion: Has at least 2 goals for Nutrition Promotion
(For example: Smarter Lunchroom techniques)



Content of the Wellness Policy



Physical Activity: Has at least 2 goals for Physical Activity

Other Activities: Has at least 2 goals for Other School-Based Activities that promote student wellness



Evidence Based Strategies

LEAs are required to review and consider **evidence-based strategies** in determining goals.

Smarter Lunchrooms Movement

www.smarterlunchrooms.org

- Using creative names for fruits and vegetables and targeted entrees
- Training staff to encourage students to select fruits and vegetables
- Placing unflavored milk in front of other beverage choices
- Bundling “grab and go” meals that include fruit and vegetable items

Content of the Wellness Policy

Evaluation: (NEW!) Every **three** years has evaluated the local wellness policy with an Evaluation Tool and has notified the public of the results

This assessment will 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.

Content of the Wellness Policy

Person Responsible: Has identified at least one person as responsible for Monitoring the local wellness policy



Content of the Wellness Policy

Communication: Has annually informed and updated parents, students, staff, and the community about the content and implementation of the local wellness policy



Resources

DOE Wellness Policy Webpage: <http://www.doe.in.gov/nutrition/school-wellness-policy>

Requirements

[Final Rule: Local School Wellness Policy](#)

[USDA Summary of the Final Rule](#)

[DOE Wellness Policy Checklist](#)

[School Wellness Policy Implementation Final Rule: Questions and Answers](#)

Policy Outreach Toolkit

[Local School Wellness Policy Outreach Toolkit](#)

Language Ideas & Examples

[School Wellness Policy Example Language](#)

[Sample Wellness Policy](#): meaning it is compliant with the federal regulations.

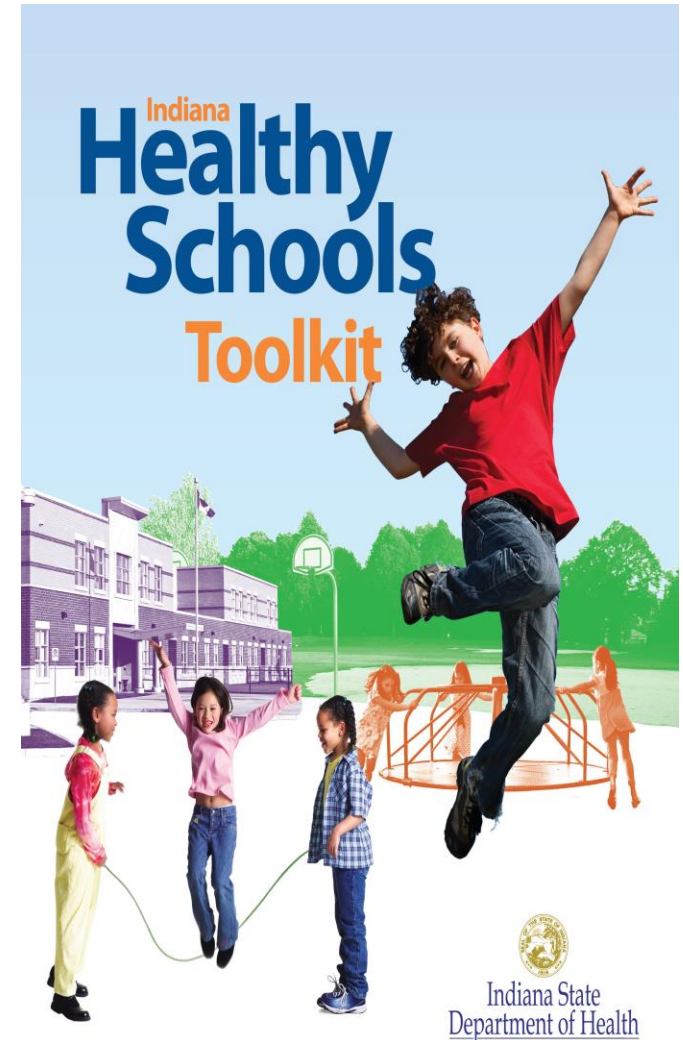
[Model Wellness Policy \(link is external\)](#): meaning it goes above and beyond the regulations. Model policies are great resources for schools looking for language to use, but it's not necessarily something schools would adopt entirely.

Assessing

[School Health Index](#)

Resources

[Indiana Healthy Schools Toolkit](#)--display available & sign up sheet available



Resources

USDA Local Wellness Policy Outreach Toolkit: <https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

Engage school staff and parents in school wellness using these ready-to-go communication tools. Sharing news about your Local School Wellness Policy is easy with these flyers, presentations, newsletter articles, and social media posts. Your school can personalize them to make them specific to your Local School Wellness Policy activities.



What you'll Find on the Local School Wellness Policy Outreach Toolkit...

Four simple steps:

1. Learn about the kit and how to use it.

- [Cover letter](#)

2. Download the communication tools.

- [Letter to Principal](#)
- [Parent Flyer \[English\] \[Spanish\]](#)
- [Presentation for Parents](#)
- [Presentation for School Staff](#)
- [Newsletter Article](#)
- [Social Media Posts](#)

3. Make them your own.

- Each tool includes places for you to enter information specific to your school or school district.

4. Spread the word.

- Post information to social media.
- Include the article in your school newsletter or community newspaper.
- Provide presentations at staff training and parent organization meetings.

You can also download the images in the graphics library or tweet using the links below:

Administrative Review Process

Give sponsor [DOE Wellness Policy Checklist](#) to answer prior to on-site review.

This allows the wellness committee to reflect on their policy

Better for sponsor to self evaluate their policy vs. IDOE

Field staff will answer wellness policy questions on AR using school's completed checklist.

Contact Information



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Breakout Sessions

- Spark Presentations & Collaboration Stations
- Improving Wellness through the School Health Index & Smarter Lunchrooms