

My School System's Local Wellness Policy

A Parent Workshop to Go

Overview:	This workshop will provide information about your school system Local Wellness Policy (LWP) and how you, as a family/community member, can get involved in wellness initiatives at your school.
Length of Time:	45 minutes
Objective(s):	<ol style="list-style-type: none">1. Explain the purpose and components of a wellness policy2. Describe how the wellness policy is being implemented at your school system and school.3. List ways parents and families can support wellness policy implementation at schools.
Handouts:	USDA Final Rule Summary School System Local Wellness Policy Parent Flyer (will need to be updated to make local school system specific)
Presenter Instructions:	Prior to the presentation, prepare the handouts (above). Welcome parents and provide LEA specific sign in sheet Introduce yourself and begin the presentation. <ul style="list-style-type: none">• PowerPoint file is included; see the notes pages for additional information for each slide.• PowerPoint will need to be updated to be local school system specific Distribute any additional handouts. Distribute the LEA specific evaluation sheet
References:	USDA's Local School Wellness Policy Outreach Toolkit https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit Maryland State Department of Education, Office of School and Community Nutrition Programs Smart Snack Video: https://www.youtube.com/watch?v=ffOH4Nazdf8&feature=emb_title

This Parent Workshop to Go was prepared by partners from the Maryland Wellness Policies and Practices Project, which include representatives from the Maryland State Department of Education, University of Maryland Baltimore, Maryland's Food Supplement Nutrition Education, and Local School Systems.

Funded under Maryland's 2016 Team Nutrition Training Grant.