



# **Overview of the Local Wellness Policy**

# **School Wellness Policy: WHY ?**

## **Health of the our Children**

- **Reaches beyond USDA-funded meal programs to influence childhood health**
- **Puts responsibility at the local level**



# WHY the Focus on Local Wellness Policies ?

- Diabetes
- Obesity
- Societal Changes
- Heart Disease
- Cancer
- Decreased Physical Activity
- Increased Health Costs



# The LAW

## The Child Nutrition and WIC Reauthorization Act 2004

*“Not later than the first day of the school year beginning after June 30, 2006, each local educational agency ... shall establish a local school wellness policy”*



# The LAW

1 & 2

## **Must contain the following components:**

*Goals for*

1. Nutrition Education
2. Physical Activity
3. Other school based activities
4. Nutrition guidelines for  
all foods available during the school day



# The LAW

## *Assurance that:*

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(I) and 17(a) of the Richard Russell B. National School Lunch Act (42 U.S.C. 1758(f)(I), 1766(a)), as those regulations and guidance apply to schools;





# MEASURING Success

## The Policy Must...

***“establish a plan for measuring implementation ...including designation....charged with operational responsibility for ensuring that the school meets the local wellness policy.”***

# The LAW

5

## Required Involvement

- **Parents**
- **Students**
- **School Foodservice Staff**
- **School Board**
- **School Administrators**
- **Members of the Public**





# **WELLNESS POLICY**

# The POLICY

**Must meet needs of  
your district**

There are **NO RULES** for  
~~NO RULES~~  
**Length**  
**Format**



# The POLICY

- 1. You can develop your own**
- 2. You can purchase**  
*... either way*

*You will need to*

- Identify Goals***
- Develop Objectives***
- Implement and**
- Measure Implementation**



# The POLICY

**POLICY . . .**

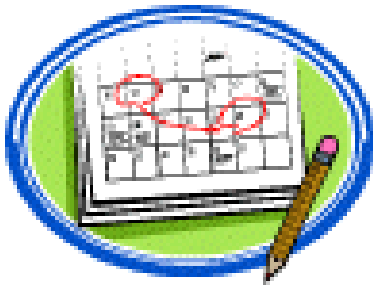
**Goals are broad and general**

**IMPLEMENTATION PLAN**

**Objectives . . . are  
Specific  
Measurable**



# Steps to a Wellness Policy



- ✓ Create a Committee
- ✓ Complete Assessment
- ✓ Draft Policy
- ✓ Report to Board
- ✓ Board Adoption Before  
July 1, 2006
- ✓ Implement
- ✓ Evaluate/Measure



# The POLICY

## SAMPLE POLICIES



# **The LAW**

# **Nutrition Education**



# NUTRITION EDUCATION

## **KEY GOAL:**

Consistent NUTRITION messages in  
schools,  
classrooms,  
cafeterias,  
homes,  
community  
and media.



# NUTRITION EDUCATION

- Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement the standards and benchmarks for health education.
- Develop nutrition policies that are consistent with the dietary guidelines for Americans.



# School Lunch Pattern

**Grains & Breads**

**VEGETABLES**

**FRUIT or 2nd Veg.**

**MILK**

**Meat/Meat Alternate**

**MyPyramid**

STEPS TO A HEALTHIER YOU

MyPyramid.gov



# The POLICY

**POLICY . . .**

**Goals are broad and general**

**IMPLEMENTATION PLAN**

**Objectives . . . are  
Specific  
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# TODAY

- 1. Review your assessment tool**
- 2. Develop broad goals**
- 3. Develop two or more objectives or guidelines for each**
- 4. After completion, review your goals--modify and place in policy**
- 5. Policy goals should not be specific. Keep specifics in your objectives**



# The LAW

# Nutrition Education

Write 1 or 2 objectives



# **The LAW**

# **Physical Activity**



# PHYSICAL ACTIVITY

- Recess
- PE
- Before and after school wellness activities



# PHYSICAL ACTIVITY

- The physical education curriculum shall provide instruction relating to the necessity of lifelong health enhancing physical activity
- Families will be provided information on how to encourage and assist their children in more physical activity
- Physical activity shall be integrated throughout the day when possible



- CATCH (Coordinated Approach to Child Health)

# PHYSICAL ACTIVITY

Schools work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.

Rolling School Bus



# PHYSICAL ACTIVITY

*Physical Activity (sample policy language)*

Students are given opportunities for physical activity during the school day through daily recess periods, physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.



# The LAW

# Physical Activity

Write 1 or 2 objectives



# **The LAW**

# **Nutrition Standards**



# NUTRITION STANDARDS

- A la carte cafeteria sales
- Vending machines
- School Stores
- Class Parties
- Rewards
- Concession Stands
- ALL Foods Sold on Campus
  - More.....



# NUTRITION STANDARDS

The school district sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities



# The LAW

# Nutrition Standards

Write 1 or 2 objectives



# **The LAW**

## **Other school based activities**



# Other School-Based Activities

- ❑ School district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours
- ❑ School district will schedule lunch time as near the middle of the school day as possible



# Other School-Based Activities

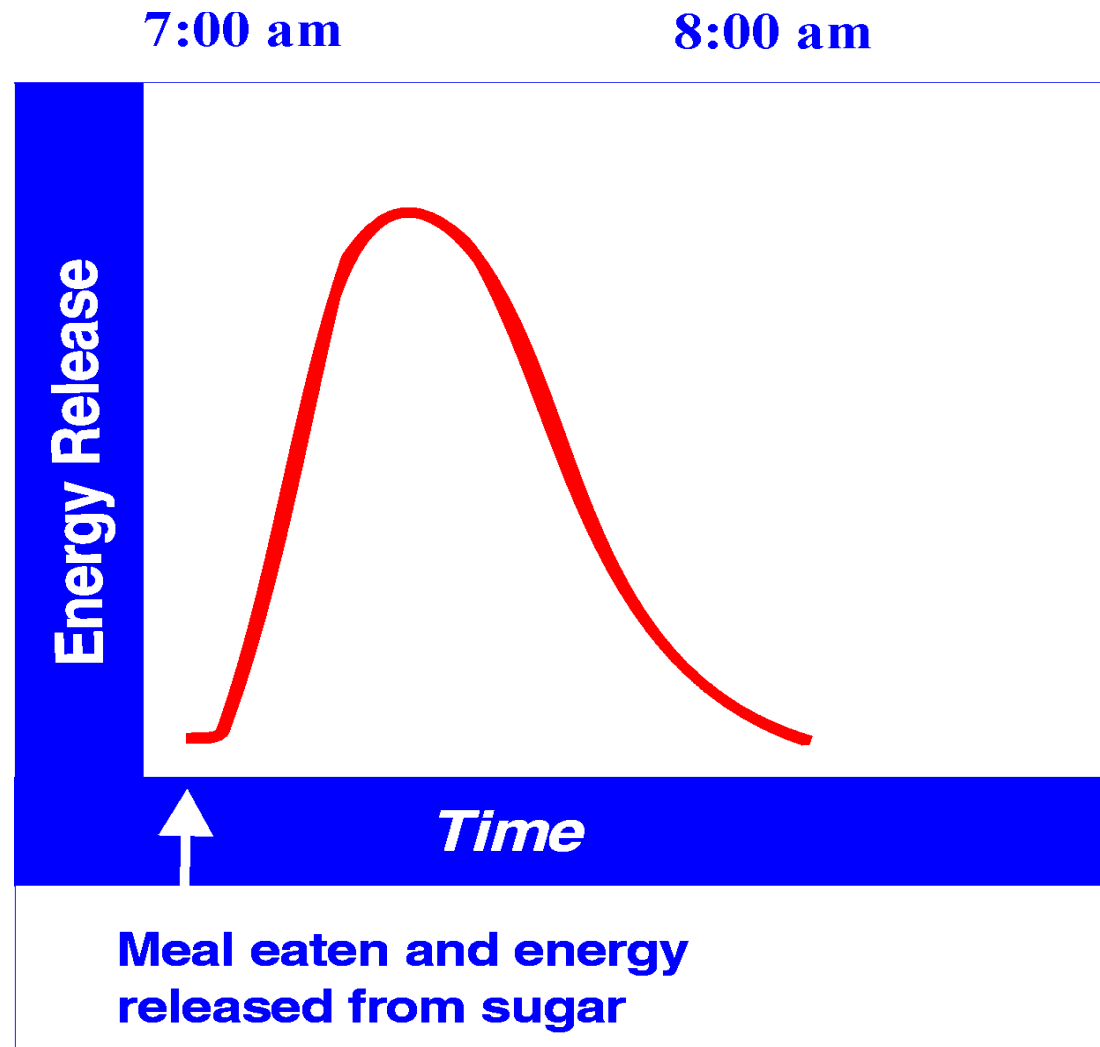
- ❑ School district prohibits the use of food as a reward or punishment in schools. Food or physical activity is not used as a reward or punishment
- ❑ Breakfast expansion programs



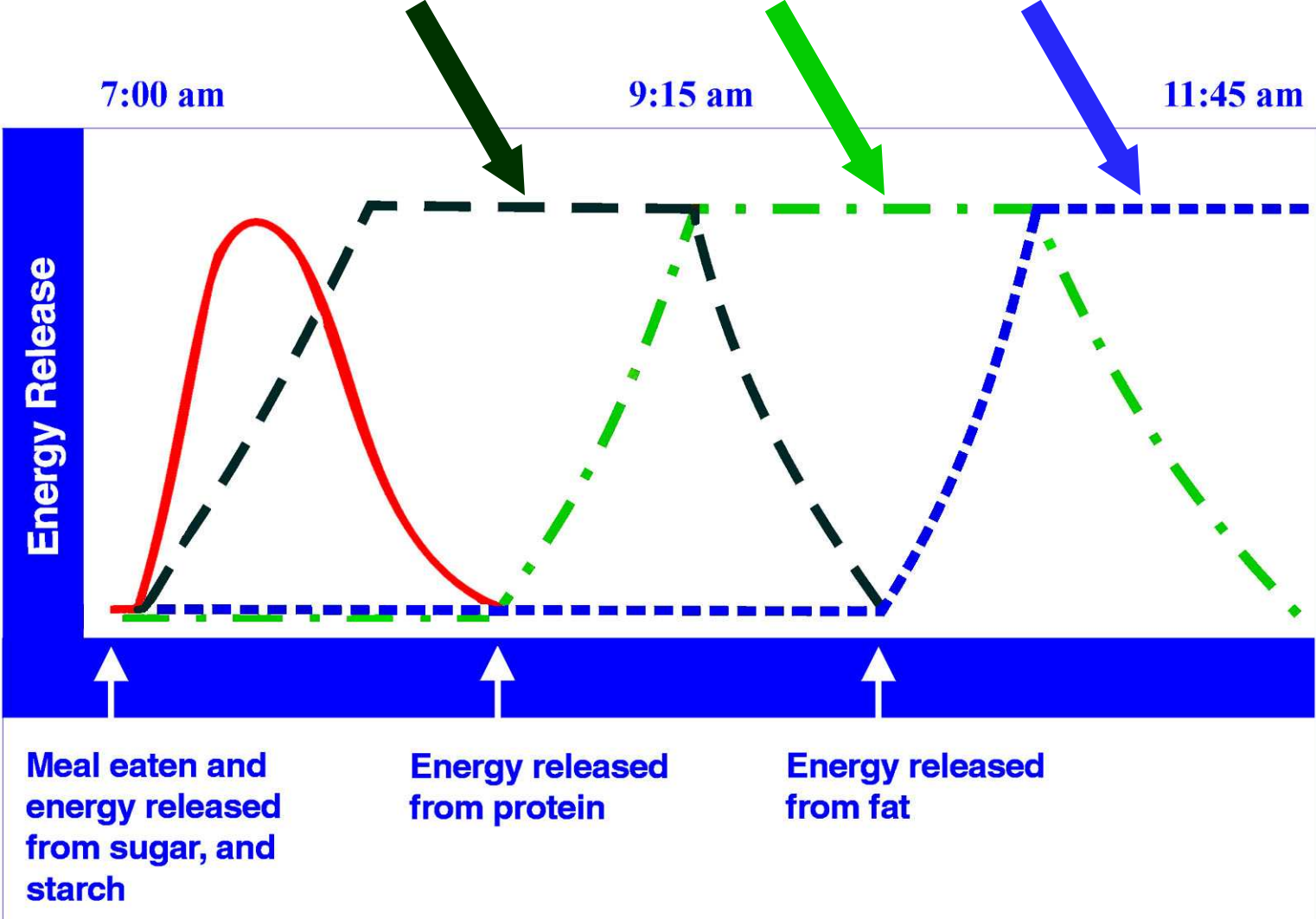
❑ Recess before lunch

# ***Importance of a **BALANCED BREAKFAST*****

## **Energy Release of Sugary Food**



# Energy Release of a Balanced Breakfast

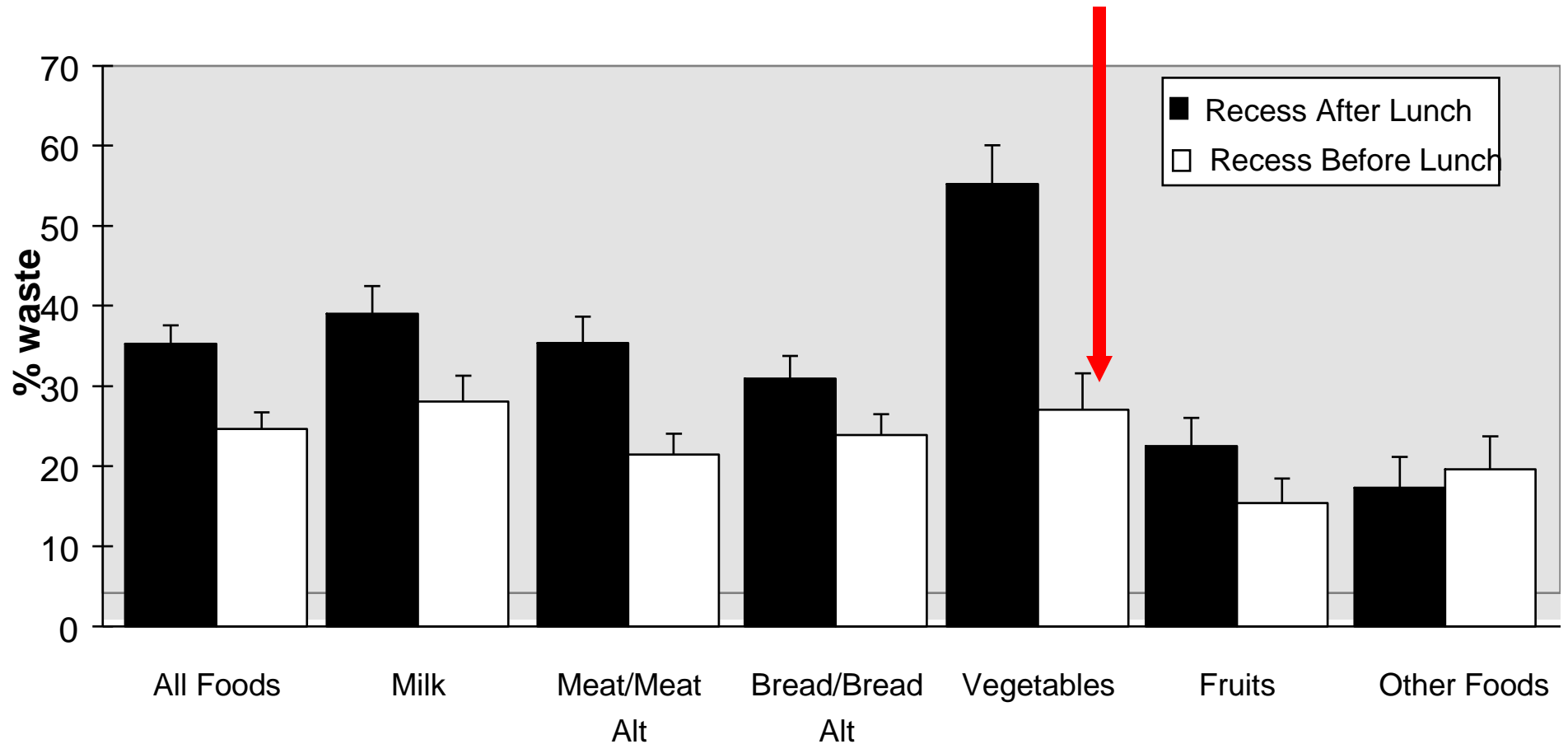


# **Food Waste is Reduced When Elementary School Children Have Recess Before Lunch**

**Mary Jane Getlinger, MS  
Human Nutrition and Dietetics  
University of Illinois-Chicago  
USDA, Food and Nutrition Service**

# Effects of Recess Scheduling on Food Waste

## Boys and Girls Grades 1-3



## ***Recess Before Lunch***

### **Conclusion . . .**

**Recess is a factor that teachers, food service, and school administrators can control to promote better nutrition and enhance student achievement.**

# The LAW

## Other school based activities

Write 1 or 2 objectives





# **GRANTS & FUNDING**

Three bright green apples are arranged on a white background. One apple is in the foreground, slightly to the right, and two others are behind it, one to the left and one to the right. The apples are fresh and have a natural sheen.

***Making Healthier choices and  
Healthier Families, together!***

This presentation was based on the previous  
slides from School Nutrition Association and the  
USDA

