

Local School Wellness 101

your guide
to staying informed



What is a School Wellness Policy?

Since 2006, a school that participates in the national school lunch or breakfast program, is required to have in place a local wellness policy to help address childhood obesity. The law places the responsibility of developing a wellness policy at the local level so the individual needs of each school can be addressed.

The local wellness policy must include, at minimum:

- Goals for nutrition promotion and education
- Goals for physical activity
- Goals for other school-based activities that promote wellness
- Nutrition guidelines that promote student health and reduce childhood obesity for all foods available on each school campus during the school day

Who should be involved?

The law requires schools to involve a variety of people to develop, carry out, review and update the policy unique to their community. A school should permit the following people on its school wellness committee:

parents
School Health Professionals
teachers of physical education
representatives of the school
food authority students
school administrators
THE GENERAL PUBLIC
school board



"School day" is defined as the
"period from the midnight
before, to 30 minutes
after the end of the
official school day."

In 2010, the Healthy, Hunger-Free Kids Act added school wellness policies. Now schools must report to the public about their progress made in reaching goals and how the policy compares to standards.

Learn • Act • Transform





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...great for starting school gardens!

Parent Initiatives - Wellness Policy Goals

Goal Area	Project Ideas
Nutrition Education & Promotion	Healthy food tastings Health fairs School gardens Messages, posters, signs promoting health Healthy events for teacher appreciation
Physical Activity	Walking school buses Active recess programs After-school sports or exercise clubs Physical activity breaks in the classroom Schoolyard and playground improvements
Other Health Promotion Activities	Recess before lunch Family health nights Healthy rewards "No Internet Day" or week Healthy fundraisers
Nutrition Guidelines	Healthy snacks and celebrations Healthy options in vending and concessions More fresh fruits and veggies at lunch Promotional salad bar events in the lunchroom

TAKING ACTION:

- Ask to join your district wellness committee or school health advisory council (SHAC). **OR**
- Join or start a wellness team at your school and create your own guidelines to improve student health.
- Assess school health programs using the School Health Index self-assessment tool. (www.cdc.gov/HealthyYouth/SHI) **OR**
- Evaluate your school's policy strength using the Wellness Policy Assessment Tool (WELLSAT) from the Rudd Center for Food Policy & Obesity. (www.wellsat.org)

STORIES from the Field

Laredo Elementary School (Laredo, Mo.)

The school wellness committee went before the school board and got the written policy changed to increase recess an extra five minutes for a total of **20 minutes every day**.

Grundy High School (Galt, Mo.)

The school wellness committee implemented a staff **worksite health promotion** program. Educational materials were distributed and pedometers were awarded to all participants.

RESOURCES

USDA information on local school wellness policies:

<http://www.fns.usda.gov/tn/local-school-wellness-policy>

For ideas of healthy or non-food related fundraisers:

<http://www.cspinet.org/nutritionpolicy/fundraiserfactsheet.pdf>

For healthier alternatives to school birthdays and holiday celebrations:

http://www.cspinet.org/new/pdf/healthy_school_celebrations.pdf

For non-food classroom rewards:

http://www.cspinet.org/new/pdf/constructive_classroom_rewards.pdf

For outreach materials and fact sheets parents can use in support of healthier school meals:

<http://www.cspinet.org/nutritionpolicy/back2school.html#infographics>

For parents interested in doing more to advocate for healthy schools:

<http://healthyschoolscampaign.org/events/kicking-off-the-school-year-in-a-healthy-way-how-families-and-schools-can-w/>

For some local Missouri success stories on farm to school:

<http://mofarmtoschool.missouri.edu>

Website links funders and donations to schools wishing for a salad bar in their lunchroom:

<http://saladbars2schools.org>

health.mo.gov/teamnutrition
healthykidsmo.org

