

## Local School Wellness Policy Public Update Guide

The [USDA Final Rule](#) requires that each local education agency (LEA) make their local school wellness policy (LWP) available to the public, including any annual updates. They must also provide information about the required triennial assessment including progress towards meeting the goals of the wellness policy. This document provides support for meeting the public update requirements of the final rule. Districts can utilize this resource to guide the development of a webpage to report and inform the public about the LWP and annual updates.

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### **Location**

It is important to provide easy access to the LWP from the school district's main webpage. Ideal locations are under school nutrition services, student wellness, or student services. Be sure to:

- ✓ Include clearly defined links to the LWP,
- ✓ Limit the number of clicks required to access the LWP, and
- ✓ Regularly check the links to ensure they are active.

### **Content**

#### ✓ **Overview**

*Example:* The District is committed to the optimal physical and academic development of every student. For students to have the opportunity to achieve personal, academic, developmental, and social success, we must create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

#### ✓ **Purpose**

*Example:* The Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), requires each local education agency participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy. Through implementation of the local wellness policy, environments will be created to support students' academic performance, and their overall health and wellness, thereby reducing their risk for childhood obesity and other chronic conditions.

✓ **Name and Contact Information for the Wellness Policy Coordinator**

- This is the person who has the authority and responsibility for ensuring that each school complies with the policy.
- Include:
  - The coordinator's full name, title, and email address,
  - The coordinator's responsibilities, for example, ensuring that all schools comply with the LWP, and
  - Details about the process for ensuring that all schools are compliant, how data is collected, and how it is reported out.

✓ **Names and Contact Information for the District Wellness Council Members**

- The district wellness council should include parents, student, school nutrition services staff, physical education/health teachers, allied school health professionals such as nurses, social workers, and/or psychologists, school board members, school administrators, before/afterschool staff, and community stakeholders.
- Include:
  - The names of all council members including email addresses, and
  - A link to join the district wellness committee.

✓ **Information about District Wellness Council Meetings**

- Include:
  - Time(s),
  - Date(s),
  - Location(s),
  - Agenda topics, and
  - Meeting minutes.

✓ **Latest Updates on the LWP**

- Include:
  - A list of all the updates that have been made to the LWP (remember to update the webpage any time a change is made to the policy),
  - An explanation of why the updates were made,
  - A list of who was involved in the making the updates,
  - An explanation of how stakeholders were made aware of their ability to participate in the updates,
  - A list of the exact dates of the updates, and
  - The effective dates of any policy changes.



✓ **Information on How to Provide Feedback and Comments**

- Include:
  - Information about opportunities to suggest revisions, and
  - An open comment/question forum.

✓ **Health and Wellness Resources**

This section is not required by the USDA but can help to support implementation of the LWP. Some possible resources to include are:

- [Smart Snacks](#) nutrition standards for food and beverages,
- Healthy [celebrations and fundraisers](#),
- School breakfast and lunch [promotional materials](#), and
- [Physical activity resources](#).

**Additional LWP Resources from Healthier Generation**

- [Wellness Policy Communication Checklist](#)
- [Model Wellness Policy](#)
- [School Wellness Committee Toolkit](#)

For more information on LWPs please contact our [National Content Advisors](#).

## District Website Examples:

Mesa Public Schools <http://www.mpsaz.org/food/wellness1/>

The screenshot shows the Mesa Public Schools Food & Nutrition website. At the top, there is a navigation bar with the Mesa Public Schools logo and the text "Food & Nutrition". To the right of the logo, the address "143 South Alma School Road, Mesa, Arizona 85210-1096" and phone number "Phone (480) 472-0900" are listed. Below the navigation bar, there is a search bar labeled "MPS" and a search icon. The main content area features a large heading "Wellness Policy" with a blue arrow pointing to the "Nutrition Education" link in the navigation bar. Below the heading is an image of a green apple, a red dumbbell, and a measuring tape. A green text box states: "In this section, you will find tools and resources to help you - students, teachers and staff, parents and school organ[izations] to comply with the Mesa Public Schools District Wellness Policy." A blue arrow points from the left to a paragraph describing the MPS Wellness Policy Committee's adoption of an improved Local Wellness Policy. Below this paragraph is a blue button labeled "View MPS Wellness Policy". To the right of the paragraph is a section titled "Arizona Competitive Food Guidelines" with a description of the standards and a blue button labeled "View MPS Wellness Policy". Below the guidelines is a blue box with icons of a pizza, a water bottle, and a watermelon slice, containing the text "Is your snack a smart snack? (Find out here!)". To the right of the guidelines are several colored buttons: "Smart Snacks in Schools Standards" (green), "Smart Snacks FAQ's" (yellow), "PTO/Student Organizations Healthy School Fundraisers Toolkit" (purple), "Exemptions" (red), and "Click to comment or join a" (blue). At the bottom, there is a list of "Key Areas of our Wellness Policy" with links to various resources.

**View MPS Wellness Policy**

**Key Areas of our Wellness Policy**

- [Tips for Healthy Birthday Celebrations](#)
- [Compliant Frozen Treats](#)
- [List of Non-Food Rewards](#)
- [Wellness Resources](#)
- [Approved Costco List](#)
- [Smart Snacks Price List](#)
- [Healthy School Fundraising Ideas](#)

**Arizona Competitive Food Guidelines**

The United States Department of Agriculture has published, science-based nutrition standards for snack foods and beverages sold at schools to students in grades K-12. These standards, required by the Healthy Hunger-Free Kids Act of 2010, will ensure schools to offer healthier snacks and beverages to children.

Mesa Public Schools District Wellness Policy requires that these same nutrition standards apply to foods **sold or served** to students in grades K-8.

**Smart Snacks in Schools Standards**

**Smart Snacks FAQ's**

**PTO/Student Organizations Healthy School Fundraisers Toolkit**

**Exemptions**

**Click to comment or join a**

Lincoln Public Schools: <https://home.lps.org/wellness/>

# LPS Wellness

## Wellness at Lincoln Public Schools

Lincoln Public Schools and their community partners have been working to make strides in keeping our kids moving in the direction of healthy. A need for coordination and facilitation of these efforts was apparent and thanks to grant funding received through Partnership for a Healthy Lincoln, the position of LPS District Wellness Facilitator became a reality in the 2011-12 school year. Now LPS has the opportunity to take best practices occurring within schools and spread these efforts district wide, building policies for sustaining a culture of wellness long-term.

## The Goals of LPS Wellness

- Build sustainable and meaningful practices that will impact the health, fitness and obesity rates of Lincoln's youth
- Create a culture of wellness within the Lincoln Public School system that incorporates kids, families and LPS staff
- Develop meaningful policy changes that embed practices supporting a long-term focus of disease prevention and healthy living

- Play a New Way Challenge – Final Report
- Music Super Powers Challenge – Final Report

## Strategies of LPS Wellness

### Staff Wellness Focus

Focus on staff wellness opportunities will be critical to setting great examples for healthy living. Who spends more wakeful hours with school aged kids each day than the LPS staff?

### Family Wellness Focus

From grocery purchases, to lifestyle choices, to setting ground rules for daily living, families are key players in choices that impact long-term health.

### Student Wellness Focus

The power of choice only grows each year as students become increasingly independent. Knowledge is a powerful part of students learning to make good choices from lifestyles, to foods and activity. Incorporating good modeling for students and guiding them to solid information about the impact of their choices is a key strategy for helping to build healthy citizens beyond high school.

## Contact

You can contact Michelle Welch, Lincoln Public Schools Wellness Coordinator, via email at [mwelch@lps.org](mailto:mwelch@lps.org) or by phone at [402-436-1728](tel:402-436-1728)

## Wellness Wednesday



WEDNESDAY NOTES

FLU SHOT

Get Your Flu Shots!

## Subscribe

Get Wellness Wednesday in your inbox each week! Subscribe below:

Your Name

Your Email Address

## Wellness Champions

- School Wellness Investigation (SWI)
- Meeting Schedule and Timelines
- Ongoing Activity Success Update
- Wellness Policy 5505
- Wellness Champions Incentive Form
- Job Description - Wellness Champion
- Activity Success Updates.pdf

## The Goals of LPS Wellness

- Build sustainable and meaningful practices that will impact the health, fitness and obesity rates of Lincoln's youth
- Create a culture of wellness within the Lincoln Public School system that incorporates kids, families and LPS staff
- Develop meaningful policy changes that embed practices supporting a long-term focus of disease prevention and healthy living
- Incorporate current and new best practices in schools and share within the Lincoln community about these successes

## Annual Wellness Board Report

- Board Report
- Wellness Report of Tracking Points – Expanded
- Power of Choice Nutritional Challenge – Final Report
- Play a New Way Challenge – Final Report
- Music Super Powers Challenge – Final Report



## LPS Wellness

### Nutrition Resources

#### 49 Day Tracker

#### What is Body Mass Index (BMI)?

#### Best Practices for School Wellness.pdf

#### Party Party Party—Celebrating Wednesdays

#### Chocolate Friend or Foe 2012 Half Sheet.pdf

#### Behold, The Power of Choice!

#### Smart Sack Lunch Choices

#### Operation Beautiful

#### Pomegranate Power!

#### Nutrition Nibbles

### Contact

You can contact Michelle Welch, Lincoln Public Schools Wellness Coordinator, via email at [mwelch@lps.org](mailto:mwelch@lps.org) or by phone at [402-436-1728](tel:402-436-1728).

### Wellness Wednesdays

- Get Your Flu Shots! August 23, 2019
- Turning the page May 15, 2019
- Broke and Bored No More: Freebies Galore for Summer May 15, 2019

### Submit Your Results

- Individual 4th Quarter Challenge Results
- Group 4th Quarter Challenge Results