

# Paving the Way: Guidance on Updating Your Local Wellness Policy

Local Wellness Policy (LWP) Webinar Series

April 13, 2017



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# Why Policy?

- **Public policy establishes the legal framework that governs most aspects of our lives, including health and education.**
  - It establishes (or reinforces) social norms
  - It enables (or prohibits) systemic change
  - It impacts entire populations

# Local Wellness Policy Final Rule



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# What is a LWP and Why?

- Written document that guides LEA's efforts to establish a school environment that promotes student health, well being, and ability to learn
- Established by Women Infant and Children's Act of 2004
- Further strengthened by reauthorization of Healthy Hunger Free Kids Act of 2010
- Responsibility of LEA's so unique needs can be addressed

# Local School Wellness Policy Final Rule

- Published in the Federal Register on July 29, 2016
- During School Year 2016-2017, LEAs must begin developing a revised local school wellness policy
- LEAs must fully comply with the requirements of the final rule by **June 30, 2017**

# Major Changes

- **Stakeholders\*** must be permitted to participate in the development, implementation, review, and update of the local wellness policy
- Inform and updating the public about the content and implementation of the local wellness policy
- Identify one or more LEA and/or school official(s) that will ensure each school complies with the policy

\***Stakeholders** = parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public.

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# Major Changes (cont'd)

## The LWP must include:

1. **Goals for:**
  - a) Nutrition promotion and education
  - b) Physical activity
  - c) Other school-based activities that promote student wellness
2. **Nutrition guidelines** for all foods/beverages **sold** on the school campus during the school day.
3. **Policies** for foods/beverages **available** on the school campus during the school day.

# Major Changes (cont'd)

## The LWP must include:

4. Policies for food and beverage **marketing**.
5. Description of:
  - a) **Public involvement**
  - b) **Public updates**
  - c) **Policy leadership**
  - d) **Evaluation plan**



# Major Changes (cont'd)

- **Evaluation**

- All LEAs must assess their wellness policy at least once every **three** years on:
  - The extent to which schools are in compliance with the district policy
  - The extent to which the local wellness policy compares to model local school wellness policies
  - The progress made in attaining the goals of the local wellness policy
- LEAs must make this assessment available to the public

# LWP and the Administrative Review (AR)



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# Documentation

- **Administrative Review Documentation**
  - Copy of current wellness policy
  - Most recent assessment of implementation of the policy
  - How the policy and assessments are made available to the public
  - Efforts to review and update the policy, including who was involved and how stakeholders were made aware of their ability to participate

# LWP AR Questions

1000.	Provide a copy of the current Local School Wellness Policy.
1001.	How does the public know about the Local School Wellness Policy? Provide documentation to support the response (or appropriate web address(es)).
1002.	When and how does the review and update of the Local School Wellness Policy occur? Provide documentation to support the response (or appropriate web address(es)).
1003.	Who is involved in reviewing and updating the Local School Wellness Policy? What is their relationship with the SFA?
1004.	How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the Local School Wellness Policy? Provide documentation to support the response (or appropriate web address(es)).
1005.	Provide a copy of the most recent assessment on the implementation of the Local School Wellness Policy.
1006.	How does the public know about the results of the most recent assessment on the implementation of the Local School Wellness Policy? Provide documentation to support the response (or appropriate web address(es)).

# LWP and Colorado Specifics



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# Understanding Your Policy

- Districts may include regulations, exhibits or other rules to complement the policy
- Oversight may be with the Board or with another Administrative Body



# CASB's New LWP Template

- ADF vs. ADF-R

## Revised Sample Policy

File: ADF

*NOTE: Federal law requires all school districts receiving federal funding for child nutrition programs to have adopted a policy on "school wellness." The district must involve parents, students, representatives of the school food authority, school health professionals, teachers (at minimum, must include physical education teachers), board members, school administrators and the public in the development, implementation, and periodic review and update of this policy. The district is also "encouraged" to include Supplemental Nutrition Assistance Program Education (SNAP-ED) coordinators. Accordingly, THIS SAMPLE POLICY IS A TEMPLATE FOR DISCUSSION PURPOSES ONLY. The district's Board of Education should review the parties' recommendations and revise the policy as appropriate to meet the district's needs and circumstances. In accordance with this policy, the district's Wellness Advisory Council is assigned to implement, review and recommend policy revisions to the Board.*

*This policy was substantially revised in April 2017 to reflect the new federal rules on school wellness policies. Due to the extensive revisions, this policy is presented as all-new language. Districts must fully comply with these federal rules by June 30, 2017.*

### School Wellness

The Board promotes healthy schools by supporting student wellness, including good nutrition and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning

## New Sample Regulation

File: ADF-R

*NOTE: Federal law requires all school districts receiving federal funding for child nutrition programs to have adopted a policy on "school wellness." Although districts are not required by law to adopt an accompanying regulation on this subject, this sample contains possible objectives to implement the goals of the district's school wellness policy. In addition, some content in this sample reflects suggested language from state law. This sample contains the content/language that CASB believes best meets the intent of the law. However, the district should consult with its own legal counsel to determine appropriate language that meets local circumstances and needs.*

### School Wellness

*NOTE: The objectives denoted with this symbol (v) reflect suggested policy language from C.R.S. 22-32-130, which "encourages" Boards of Education to adopt policies to improve student health and nutrition.*

**Goal #1. The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.**



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## School Health Assessment of Policies and Practices

Comprehensive  
of all school  
health  
components

Streamlines  
how data are  
collected and  
reported

Developed and  
informed by  
multiple  
stakeholders

Administered  
statewide to all  
school-levels

Used to inform  
improvements  
to school  
health efforts



# How to get started?

- USDA's recommended "action steps":
  - Build or re-engage the district's wellness committee, making sure to invite the various stakeholders required
  - Glean implementation ideas from districts and schools that have successfully put wellness policies into action
  - Inform and update the public about the content, implementation and assessment of the district's wellness policy
  - Keep supporting documentation on file, as the district will be held accountable for local school wellness policy implementation, assessment and public updates



# Resources and More Information

## Local Examples:

- **Poudre School District Resources:**

- [Local School Wellness Policy Communications Plan](#)
- [Local School Wellness Policy Implementation Plan](#)
- [Local School Wellness Policy Regulation \(ADF-R\)](#)
- [Local School Wellness Policy \(ADF\)](#)
- [School Wellness webpage](#)



- **Weld County School District 6 Resources:**

- [Student Wellness webpage](#)
- [Local School Wellness Policy \(ADF\)](#)
- [Local School Wellness Policy Regulation \(ADF-R\)](#)
- [Local School Wellness Implementation Plan](#)



# Resources and More Information

- **Healthy, Hunger-Free Kids Act, Section 204 of P.L. 111-296 (HHFKA)**  
[https://www.fns.usda.gov/sites/default/files/PL\\_111-296.pdf](https://www.fns.usda.gov/sites/default/files/PL_111-296.pdf)
- **USDA's regulations concerning local school wellness policy under the HHFKA**  
<https://www.gpo.gov/fdsys/pkg/FR-2016-07-29/pdf/2016-17230.pdf>
- **USDA's local school wellness policy toolkit**  
<https://www.fns.usda.gov/tn/implementation-tools-and-resources>
- **CDE's OSN webpage on school wellness training resources**  
<http://www.cde.state.co.us/nutrition/teamnutritiontrainingresources>
- **CEI's "Best Practices Guide for Healthy Schools"**  
<http://www.coloradoedinitiative.org/resources/healthy-schools-best-practices-guides/>
- **CEI's "Colorado Healthy Schools Smart Source"**  
<http://www.coloradoedinitiative.org/our-work/health-wellness/smart-source/>
- **CEI's guide "School health and wellness – state and federal legislation and policy"**  
[http://www.coloradoedinitiative.org/wp-content/uploads/2015/11/HealthWellnessLegislation\\_Final\\_Oct2015.pdf](http://www.coloradoedinitiative.org/wp-content/uploads/2015/11/HealthWellnessLegislation_Final_Oct2015.pdf)
- [Plan](#)



# LWP Webinar Series #2

## Paving the Way: Putting Wellness Policy into Action

- **August 8, 2017, 2:00pm – 2:45pm**
- You have now updated your LWP, don't keep it on a shelf! Join us as we dive into implementation, evaluation and actualizing the local wellness policy. Gain insight, strategies and tools aimed at helping districts take their LWPs to the next level by:
  - Making the connection between health, wellness and academic performance
  - Garnering buy-in and engaging stakeholders
  - Implementing wellness policies
  - Assessing wellness policy and wellness policy implementation

# Q&A



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# Thank you!

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