

Paving the Way: Putting Wellness Policy into Action

Local Wellness Policy (LWP) Webinar Series

August 8, 2017



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Local Wellness Policy Final Rule



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Local School Wellness Policy Final Rule

- Released on July 29, 2016
- During School Year 2016-2017, LEAs were to begin developing a revised local school wellness policy
- As of June 30, 2017, LEAs must be in compliance with the final rule

Content of the Policy

1. Goals for:
 - a) Nutrition education
 - b) Nutrition promotion
 - c) Physical activity
 - d) 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. Standards for all foods/beverages provided, but not sold during the school day

Content of the Policy (cont'd)

4. Policies for food and beverage marketing

5. Description of:

- a) Public involvement
- b) Public updates
- c) Policy leadership
- d) Evaluation plan

Review and updates:

- Recommended update every three years
- Annual public notification of the policy and assessment

Food and Beverage Marketing

- Marketing of foods/beverages during the school day must meet Smart Snacks standards
 - Applies to the school campus
 - Includes oral, written or graphic statements
 - No restrictions to brand name marketing, including copycat products
 - Does not apply to marketing of incentive programs

Designation of Policy Leadership

- LEA must establish one or more LEA and/or school officials responsible for oversight
 - Designee will ensure each school complies with the policy
 - Position or role can be written rather than specific name of designee

Assessment of the Policy

- Assessments must be conducted, at a minimum, once every three years
- First assessment must be completed by June 30, 2020
- Must include:
 - The extent to which its schools comply with the LWP (implementation)
 - The extent to which the local policy aligns with model policies
 - A description of progress towards attaining policy goals
- Each school requires an assessment of compliance

LWP and Building Awareness



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Building Awareness

- Inform and update the public about the content, implementation, and assessment of the district's wellness policy
 - Regulations and Guidelines
 - Newsletters
 - Student Handbooks
 - Back to School
 - Staff meetings
 - Parent messaging/letters

Jeffco Public Schools

Wellness Policy Guidelines

Summary: These Guidelines help schools to know what is required by policy and what is strongly encouraged in order to improve health and wellness in K-12 schools. A complete list of best practices in school wellness can be found [at this link](#). This is not a complete list of best practices can be found here. These topics address federal and state laws, as well as district policies. These Guidelines support alignment with the District Wellness Policy, the Jeffco 2020 Vision, Board Goals and Strategic Plan.

Nutrition

Wellness Policy (ADF) Goal #1

Topic	Details	Required	Strongly Encouraged
Fundraisers	<p>The USDA requires food fundraisers to meet Smart Snacks in Schools Standards, but allows exemptions.</p> <ul style="list-style-type: none"> • Examples of non-food or healthy fundraisers can be found here and are highly encouraged. • Schools may have up to three exempt fundraisers. • Each exempt fundraiser may last up to ten days; these ten days may be non-consecutive. • Nutrition information (label/ingredient list) for all foods sold as fundraisers must be documented and kept at the school site. • Records of exempt fundraisers will be required to meet auditing needs. • Food fundraisers (that meet the standards or are exempt) may be sold on the school campus during the school day EXCEPT during the meal service, and for a period beginning ½ hour prior to and until ½ hour after each meal service (Competitive Foods Law). • Pre-ordered foods that are not intended for immediate consumption (such as Girl Scout Cookies) are excluded. • Foods sold only to adults are excluded. 	✓	
Holiday Celebrations Food Standards	<p>At least half of the foods provided to students during holiday celebrations will meet a definition for healthier options.</p> <ul style="list-style-type: none"> • Schools must follow these district definitions OR determine their own definitions. If a school determines their own definition they must consider student food allergies, religious exemptions and dietary needs, and maintain definition for auditing purposes. • Implementation examples (e.g., sign in sheets, ideas for healthy parties). 	✓	

Preparing for Implementation

- Help create school level wellness teams
- Assess school-level health practices and policies
- Use the data to plan, improve and celebrate
- Promote the connection between health and academics
- Build administrator support

Engage Partners

Look for Your Champions

- Administrators
- Staff
- Parents
- Community
- STUDENTS

Students can be your strongest voice

- [Nothing About Us Without Us](#) - CDPHE



Engage Partners

Engaging Community Partners:

- Public Health
- City/County Governments
- Parks and Recreation Organizations
- Health Experts
- Food Service Staff!
- Teachers and others
- Parents!



LWP and Assessment



School Health Assessment of Policies and Practices

Comprehensive
of all school
health
components

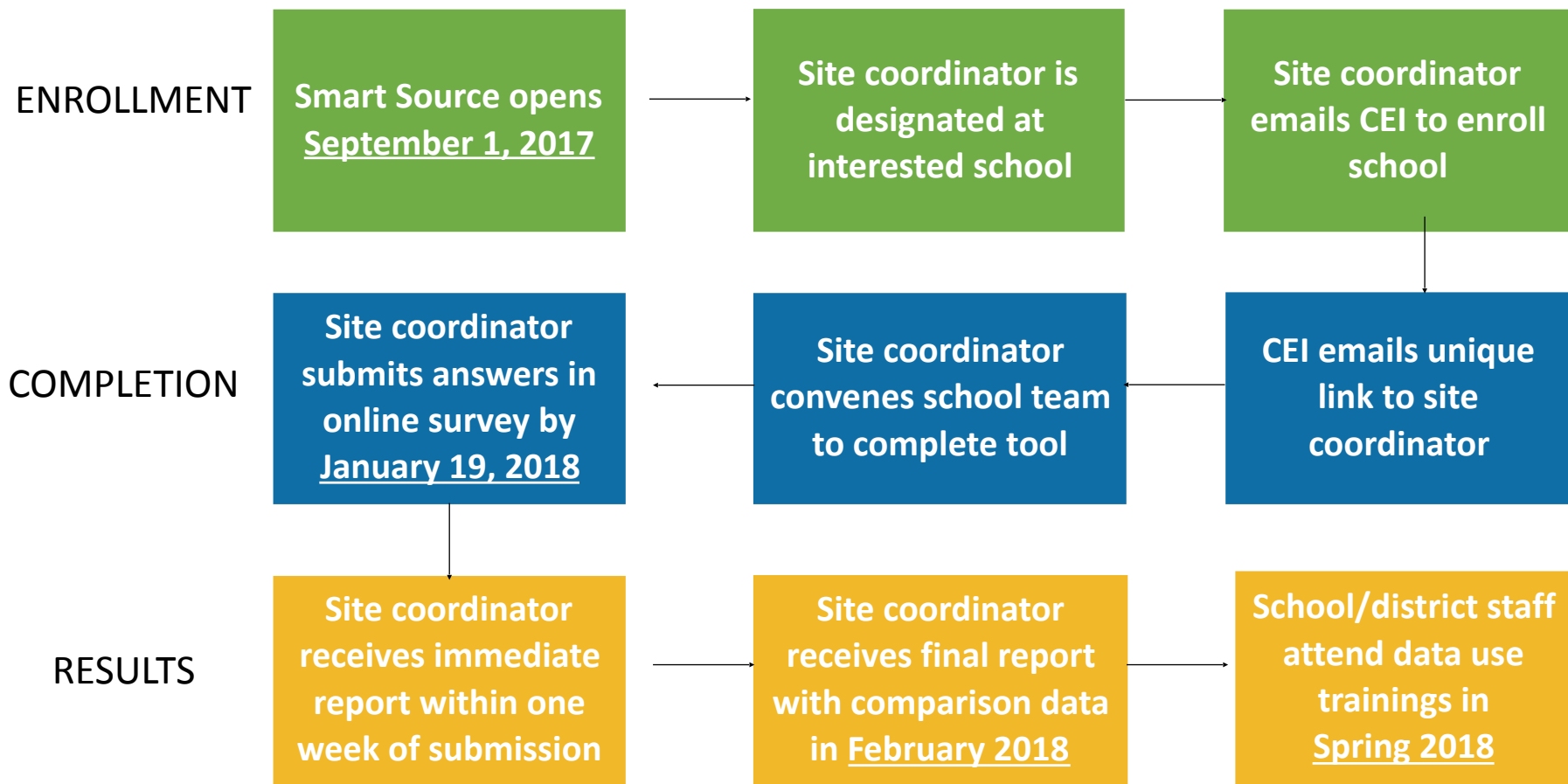
Streamlines
how data are
collected and
reported

Developed and
informed by
multiple
stakeholders

Administered
statewide to all
school-levels

Used to inform
improvements
to school
health efforts

✓ SMART SOURCE PROCESS



Poudre's LWP Implementation



Recruiting Your Crew: Who Should Be Involved

- Assess Your Community: Create an Objective View
 - Internal stakeholders
 - District Staff
 - School Based Staff
 - Students
 - Leadership
 - External stakeholders
 - Community Members
 - Health/Wellness Professionals
 - Parents

Poudre School District's Crew: Who Was On Board

- WACS (Wellness Advisory Council for Schools)
 - District Advisory Committee
- Cabinet
 - Leadership committee for Superintendent
- Principals
 - Elementary
 - Secondary



Waving The Flag: Getting the Word Out About Updated Policy

- PSD Communication Plan: Identify Target Groups and Disseminate
 - New Employee Orientations
 - Principal Meetings
 - School Wellness Teams
 - Professional Development Events: Wellness Workshop
 - Employee Wellness Survey
 - Electronic Communications
 - Printed Articles



Building Blocks: Implementation Plan and Who's Who

- Who's In Your Work Crew: Little Crew, Big Crew, Leadership Crew
 - Little Crew: WACS Subcommittee Work
 - Meet multiple times for larger amount of times
 - Big Crew: Worked with the Larger WACS group
 - Broke into work groups
 - Divided by section of the policy
 - Best Representative of each Wellness Policy Component head of work group
 - Leadership Crew: Final Approval

The Next Building Block: Implementation Plan and What's What

- Outline: Aligning with School Accountability Action Plan
- Covering the Basics: How, Who, When, Status
- Too Tall Of A Tower: Realistic Action Steps vs. Pushing Too High



Evaluation Plan: Who's Responsible

- Who to ask questions from?
 - SACS
 - Wellness Teams
 - Principals and/or someone they designate
- Be Mindful of:
 - Pro and Cons
 - Site Based Management
 - Time Commitments

Evaluation Plan: Timeline

- When to Ask It By
- Fall vs. Spring
- Start of School vs Testing
- Annual Planning
- Administration: The Monkey



Closing the Loop: Annual Inspections and Updates

- Evaluation
- Analysis
- Committee work
- Recommendations for change/growth to all three policy, plan, and evaluation questions
- Making the change
- Repeat



Resources and More Information (cont'd)

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 (cont'd)

- **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
- **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
- [Plan](#)



Q&A



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Thank you!

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