

Does Your Wellness Policy Measure Up?

A local school wellness policy is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. This optional checklist can be used to review and update your district's wellness policy to ensure it meets all requirements as written in *section 204 of Public Law 111-296 Local School Wellness Policy Implementation*.

District has a current wellness policy. It can be found online at: _____

Date it was last updated: _____

Wellness policy includes measurable goals for:

- nutrition promotion**
- nutrition education**
- physical activity**
- other school-based activities to promote **student wellness**
- nutrition guidelines** for all foods and beverages available during the school day including

-*Smart Snacks in School* nutrition standards for items sold to students.

-Policies for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.).

Wellness policy addresses **food and beverage marketing**. Maine State statute is as follows:

§6662. Foods outside school meal program

3. Food and beverage advertising. Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with rules adopted under subsection 2.

For the purposes of this subsection, "advertising" does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

Wellness Policy Leadership: District has designated at least one school official who has the authority and responsibility to ensure that each school within the district complies with the policy. Name/Title of Designated Official: _____

District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy:

- Parents Students School Food Service Teachers of Physical Education
- School Health Professionals School Board Members School Administrators
- General Public

Maintain Documentation: current committee member list, meetings announcements, committee invitations, etc.

District informs and updates the public on the content and implementation of the wellness policy including progress made in attaining the goals of the policy.

- At school board meetings:
- Through electronic communication/website
- Other: (describe)

Maintain documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.

At least every three years, district completes an assessment of their wellness policy including progress towards policy goals.

This institution is an equal opportunity provider.

This document has been modified from a Montana Office of Public Instruction resource.