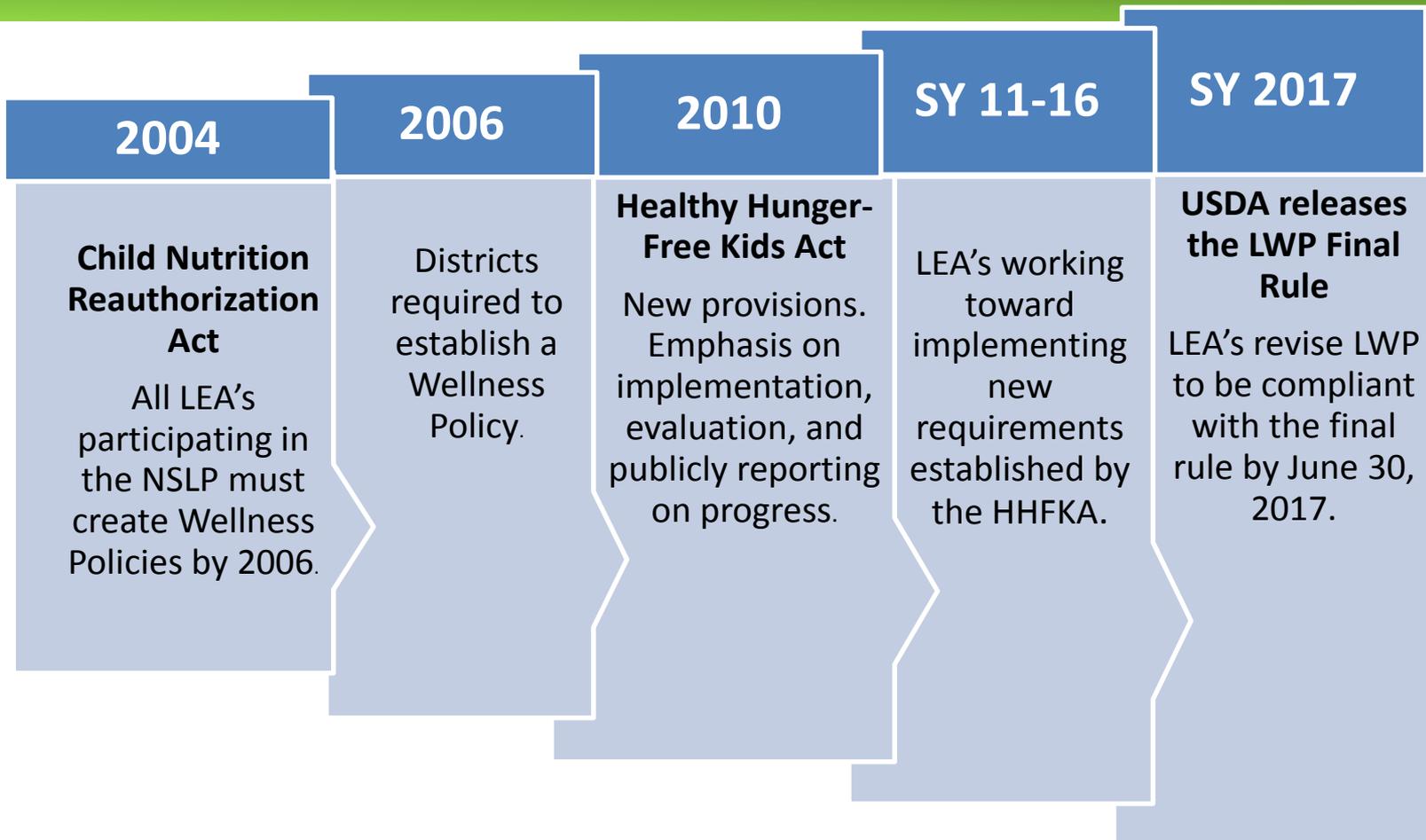


# Local Wellness Policy Requirements

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# Local Wellness Policy Timeline



# LWP and Administrative Reviews

- LWP is a general area that we look at during administrative reviews, which are conducted every 3 years
- Assess LWP compliance through questions on the off site assessment tool and supporting documentation
- SA's are not required to evaluate the quality of the wellness policy goals but to assess that they contain the required elements



# Local Wellness Policy Components

- Measurable goals for:
  - ✓ Nutrition Education
  - ✓ Nutrition Promotion
  - ✓ Physical Activity
  - ✓ Other school-based activities
- Nutrition standards for all foods sold
- Nutrition guidelines for foods available (not sold)
- Addresses food & beverage marketing
- Permit involvement from a variety of people
- Designated leadership
- Informs the public on content and implementation
- Triennial Assessment



# Goals for Nutrition Education

- Classroom
- Cafeteria
- Foodservice staff training
- Home and Community

*Multiple channels of communication*



# Goals for Nutrition Promotion

*How does the school environment support healthy eating?*

- Contests/Surveys/Taste Testing
  - Adequate time for meals
  - Cafeteria environment

Healthier options prominently displayed

- Smarter Lunchroom strategies



# Goals for Physical Activity

*Opportunities for students to be active throughout the day*

- Daily Recess
- Not withholding recess as punishment
  - Physical activity breaks
  - Recess before lunch
- After-school access to school facilities
  - Walk/bike to school
  - Walk-a-thon/clubs



# Goals for Other Activities

*Promote student health and wellness through other activities*

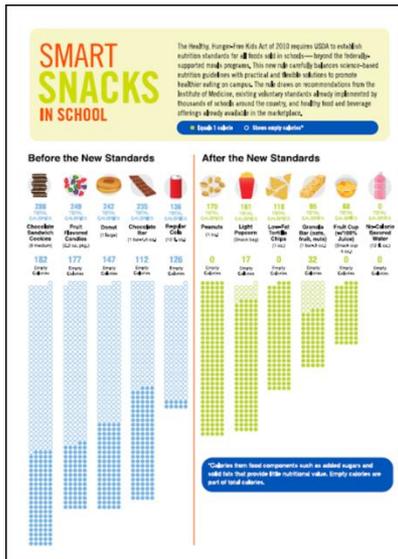
- Farm to School
- Recognition & Awards Programs (Smarter Lunchrooms)
  - Fuel Up to Play 60
- Access to drinking fountains
  - Staff as role models



# Nutrition Guidelines

*Standards for all food available on the school campus during the school day*

- School Meals meet Federal Guidelines
  - Smart Snack Competitive Foods
- Classroom/school celebrations
  - Using non-food rewards
  - Classroom snacks
  - Rewards & incentives



# Food & Beverage Marketing

*Food & beverage advertising must meet Smart Snacks requirements*



- Score boards
- Vending Machines
  - Coolers
- Signage around the school



*Maine State Statute §6662. Foods outside school meal programs.*

<https://www.maine.gov/doe/schools/nutrition/laws>



# Public Involvement

Team to develop, implement and review policy

- Parents
- Teachers
- Students
- Physical Education Instructors
  - School Health Professionals
- School Board members and Administration
  - School Nutrition
  - Community members



# Designated Leadership

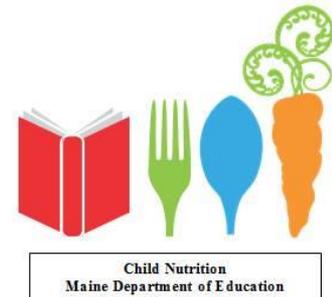
*The district has designated at least one school official who has the authority and responsibility to ensure compliance with the policy*



# Public Notification

*Public needs to be informed and updated about the content, implementation, and compliance*

- Website
- School Handbook
  - Newsletter
- School board meetings



# Triennial Assessment

*Assess and evaluate compliance with LWP and progress made in attaining the goals of the LWP at a minimum of every three years*



# Recordkeeping

Maintain records to document compliance:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement;
- Documentation of the triennial assessment;
- Documentation of public notification



# Administrative Review- SFA Process

- Provide a copy of the policy

## Questions on off-site assessment tool:

- How does the public know about the policy? (documentation)
- When & how does review and update of the policy occur? (documentation)
- How are potential stakeholders made aware of their ability to participate in the LWP? (documentation)
- Copy of the most recent assessment and how the public knows about the results of the assessment (if available)



# Administrative Review- SA Process

- Review the policy to ensure the required elements are included
- Corrective action is needed if there are missing elements
- Final, approved version submitted to reviewer
  - Review will remain open until approved by the school board



# LWP Resources

- Wellness policy checklist
- MSMA sample wellness policy

## 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:

- o **nutrition promotion**
- o **nutrition education**
- o **physical activity**
- o other school-based activities to promote **student wellness**
- o **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*



# Where to Start?

STEP 1: Assemble school wellness committee

STEP 2: Review and evaluate current policy (use checklist)

STEP 3: Revise LWP to address new requirements

STEP 4: School board approval/implementation

STEP 5: Monitor progress and report results



# Certificate of Attendance

## *Local Wellness Policy Requirements*

This serves as documentation that you earned \_\_\_\_\_ hour of training for viewing this webinar.

Live webinar date: November 26, 2018

Date webinar viewed: \_\_\_\_\_

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# Questions?

