

# School Wellness Policies

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## Outline

- New requirements under the Healthy, Hunger Free Kids Act
- Steps for meeting new requirements
- CRE and wellness policy requirements
- Questions



## Healthy, Hunger Free Kids Act Local School Wellness Policies (LWP)

- Retains requirement that each local educational agency (LEA) participating in the National School Lunch Program and School Breakfast Program establish a LWP
- Incorporates new requirements for LWP content
- Proposed Rule issued in Fall 2012 with a Final Rule in Spring 2013

## Requirements of the LWP

Content	Current and Continued Requirements	HHFKA of 2010 Requirements
Elements of Local Wellness Policy	Must include, at a minimum: <ul style="list-style-type: none"> <li>• Goals for nutrition education, physical activity, and other school based activities that promote student wellness</li> <li>• Nutrition guidelines to promote student health and reduce childhood obesity</li> </ul>	<ul style="list-style-type: none"> <li>• Adds the requirement that local wellness policies include goals for nutrition promotion</li> </ul>

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## Public Involvement

Content	Current and Continued Requirements	HHFKA of 2010 Requirements
Public Involvement	Team to develop wellness policy include: <ul style="list-style-type: none"> <li>• Parents, students, and representatives of the SFA, school board, school administrators, and the public</li> </ul>	Team to develop wellness policy must NOW include: <ul style="list-style-type: none"> <li>• Physical education teachers, and school health professionals</li> <li>• Expands the purpose of the team of collaborators beyond the development to include the implementation with periodic review and updates</li> </ul>

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## Local Discretion

Content	Current and Continued Requirements	HHFKA of 2010 Requirements
Local Discretion	<ul style="list-style-type: none"> <li>• LEAs determine the specific policies appropriate for the school under their jurisdiction</li> </ul>	<ul style="list-style-type: none"> <li>• Provided that those policies address all the required elements specified in the Act</li> </ul>

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## Implementation, Periodic Assessment, and Public Updates

Content	Current and Continued Requirements	HHFKA of 2010 Requirements
Implementation, Periodic Assessment, and Public Updates	<ul style="list-style-type: none"> <li>LEAS are required to establish a plan for measuring implementation of the policy.</li> </ul>	Requires LEAs to: <ul style="list-style-type: none"> <li>Inform and update public about content and implementation</li> <li>Periodically measure and make assessment available to the public that includes extent schools are in compliance, how policy compares to model policies, and progress made in attaining goals</li> <li>Designate one or more LEA officials or school officials to ensure compliance</li> </ul>

## Where to Begin?

- STEP 1: Assemble school wellness committee
- STEP 2: Review and evaluate current policy
- STEP 3: Revise LWP to address new requirements
- STEP 4: Implement the policy
- STEP 5: Monitor progress and report results



## Assemble Wellness Committee

- Review committee membership
- Include minimum core recommended committee members
- Designate one or more school officials to ensure each school complies with the policy
- Consider forming subcommittees



## School Wellness Committee Worksheet

School Wellness Committee Worksheet			
Member	Name	Contact Information	School Represented
School Administrator			
School Board Member			
School Nutrition Director			
Physical Education Teacher			
School Nurse			
Parent			
Student			
Community Member			
Other			
Other			

## Review Current Policy

- Complete assessment of current wellness policy and school-based nutrition and physical activity practices
- Assessment will identify strengths and weaknesses, which will be helpful when revising the LWP to meet the new requirements



## Wellness Policy Assessment Worksheet

Wellness Policy Assessment				
Component	Wellness Policy Goal		Current Guideline/ Practice	Improvements
<b>Nutrition Standards for Competitive Food and Beverage</b>				
Vending Machines	Y	N		
School Stores(s)	Y	N		
Food Service a la carte	Y	N		
Classroom Parties	Y	N		
Classroom Rewards	Y	N		
Fundraisers	Y	N		
Other	Y	N		
<b>Nutrition Education</b>				
Curriculum	Y	N		
Role Modeling	Y	N		
Staff Training	Y	N		
Other	Y	N		

## Wellness School Assessment Tool WellSAT

- Can be used to assess the quality of a LWP, specifically the degree to which policy items are addressed and the strength of the language
- Does not measure the extent of implementation or compliance with specific wellness policy requirements



## WellSAT

- Policy items are categorized into 5 sections
  - Nutrition Education and Wellness Promotion
  - Standards for School Meals
  - Nutrition Standards for Other Food Sold at School
  - Physical Education and Activity
  - Evaluation
- Assign a point value to wellness policy statement
  - 0 = Not addressed
  - 1= Weak statement
  - 2 = Meets/exceeds expectations

### WellSAT – Online



<http://www.wellsat.org/default.aspx>

### WellSAT – Online

		USDA*	
Subtotal for Section 1	Comprehensiveness Score Count the number of items rated as "1" or "2" and divide this number by 4. Multiply by 100. Do not count an item if the rating is "0".	75	
	Strength Score Count the number of items rated as "2" and divide this number by 4. Multiply by 100.	50	
<b>Overall District Policy Score</b>			
Total Comprehensiveness Add the comprehensiveness scores for each of the seven sections above and divide this number by 5.		District Score 75	
Total Strength Add the strength scores for each of the seven sections above and divide this number by 5.		District Score 20	

### WellSAT – Paper

Item	Item	Rating	Rating Guidance
US1	Addresses access to and/or promotion of the School Breakfast Program (USDA).	0	<b>Not mentioned</b> Informing parents about the School Breakfast Program does NOT qualify for a "1" or "2."
		1	<b>Either of the following:</b> <ul style="list-style-type: none"> <li>• Promotes a breakfast program without specifying the "School Breakfast Program" (USDA or CFR Part 220).</li> <li>• Encourages or suggests participation in the School Breakfast Program.</li> </ul> <b>Examples:</b> <ul style="list-style-type: none"> <li>• "The district shall make every effort to offer school breakfast."</li> <li>• "The district shall operate under USDA regulations for school food programs (e.g., School Breakfast Program, National School Lunch Program, Special Milk Program, and Summer Food Service Programs)."</li> </ul>
		2	<b>Meets or Exceeds Expectations</b> <ul style="list-style-type: none"> <li>• Includes language to institutionalize the School Breakfast Program (e.g., specific reference to School Breakfast Program or CFR Part 220).</li> </ul> <b>Example:</b> <ul style="list-style-type: none"> <li>• "All schools will provide breakfast through the USDA School Breakfast Program."</li> </ul>

[http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellSAT\\_FINAL.pdf](http://www.yaleruddcenter.org/resources/upload/docs/what/communities/WellSAT_FINAL.pdf)

### Revise the LWP

- Consider circumstances of school district and community norms
- When drafting policy language:
  - Develop goals that are realistic and attainable
  - Use language that is simple, clear and specific
  - Consider evaluation of the policy



## Sample Wellness Policy Statements

- **Statement #1**
  - The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.
- **Statement #2**
  - The District will prohibit fundraisers that involve selling foods of minimal nutritional value, such as candy, cookies, cupcakes and sugary beverages.



## New Requirements

- Include required members on the wellness committee
- Address goals for nutrition promotion
- Develop plan for implementation, measuring compliance and reporting to the public

## Implement the Policy

- Implementation can occur over time
  - Develop short term activities that can help reach the overarching goal
- Inform school staff of the policy guidelines
  - Implementation should be a cooperative effort
- Develop a policy implementation plan
  - Plans can be developed for each element of the policy



## Implementation Chart

Implementation Plan			
Wellness Policy Goal	Action	Responsible Party	TimeLine
<i>Example: All juice in vending machines is 100% juice.</i>	<i>* Discontinue ordering juice with less than 100% juice * Future juice orders need to be 100% juice only</i>	School Nutrition Director	January 2013

## Measure Progress

- Critical to the success of the wellness policy
  - Ensure the policy is on track
  - Identify changing needs
- Process Data
  - Assess if program was implemented as intended
  - Compare actual and planned performance
- Outcome Data
  - Assess the results or impact of a program



## Example

- **Wellness Policy Statement:**
  - Encourage student consumption of fresh fruits and vegetables by offering a garden bar
- **Process data**
  - Garden bar was offered at the elementary school in September 2013
- **Outcome data**
  - Production records reveal student consumption of fruits and vegetables has increased
  - Student consumption of fruits and vegetables has increased by 30%

## Monitoring and Evaluation Chart

Monitoring and Evaluation Chart				
Wellness Policy Goal	Evaluation Data	Frequency	Responsible party	Report Results
Example: All juice in vending machines is 100% juice	<ul style="list-style-type: none"> <li>Implementation occur by January 2013</li> <li>Juice product label</li> </ul>	Quarterly	School Nutrition Director	School Principal

## Report Results

- LEAs must inform the public about the content and implementation of the LWP, including:
  - Extent to which school are in compliance with the LWP
  - Extent to which the LEAs policy compares to model LWPs
  - Progress made in attaining goals of the policy
- Methods of informing the public:
  - Developing/disseminating printed materials
  - Developing/disseminating electronic materials
  - Posting the LWP and assessment of its implementation on the district website



### CRE-Wellness Policy

- Currently all SFAs participating in federal nutrition programs have an on-site review every 5 years
- Reviews will be every 3 years starting 2013-14 SY
- The Wellness Policy is under the general scope of the review
- You will be asked for a copy of your Wellness Policy during review



### What do reviewers look at?

- Does the school have a wellness policy?**
- Does the policy include at a minimum:
  - Involvement of required persons
  - Goals for nutrition education
  - Goals for physical education
  - School-based wellness activities



### What do reviewers look at?

- Nutrition guidelines for all foods on campus
- Promote student health and decrease obesity
- A plan for measurement
- Designation of one or more person responsible for oversight



### What do reviewers look at?

- Is the SFA moving towards strengthening the local wellness policy?
  - Including PE teachers and health professionals
  - Periodic review and clear implementation
  - Include nutrition promotion
  - Inform and update the public



## Potential Corrective Action

- CA is based on “reviewer discretion” and per site basis depending on the issue
- CA may be more severe if cited previously on past review
- Potential CA you may see:
  - Develop and submit a LWP
  - Submit a timeline for updating the policy
  - Submit a written response for periodic review and public notification
  - Submit public notification
  - Submit list of Wellness Policy Team Members and roles



## What do reviewers look at? Nutrition and PE Goals

- Goals should be broad, measurable, and attainable
- Specific examples should be included with each goal
- Examples can be updated annually to reflect changes and activities occurring in the school/district



## *“School District X provides nutrition education and curriculum for all grade levels”*

- Grades K-3 learn about fruits and vegetables by participating in gardening in the school garden.
- Grades 4-5 learn about the importance of Vitamin D and Calcium with trainings provided from the Wisconsin Dairy Council
- Grades 6-8 learn about the health effects of Obesity on our Nation through a final project in their Health Class



## Resources

- School Nutrition Team
  - <http://dpi.wi.gov/fns/wellnessplcy.html>
- USDA Team Nutrition
  - <http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>
- Action for Healthy Kids
  - <http://www.actionforhealthykids.org/>
- Alliance for a Healthier Generation
  - <http://www.healthiergeneration.org/>
- CDC
  - <http://www.cdc.gov/healthyouth/npao/wellness.htm>

## Questions



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