

Wellness Policy Guidelines – Elements of Implementation for Final Rule		
Policy Focus	2010 HHFKA-Final Rule Requirements	Elements of Implementation
<b>Public Involvement</b>	Invite the following to participate in the development, implementation and measurement of the LWP; <ul style="list-style-type: none"> <li>• School Board and Administrators</li> <li>• Physical Education Instructors</li> <li>• School Health Professionals</li> <li>• Community Members</li> <li>• Students</li> <li>• Parents</li> <li>• Food Service</li> </ul> <b>Identify a designee with authority/responsibility to ensure each school complies with the policy.</b>	<ul style="list-style-type: none"> <li>• Send email invitations</li> <li>• Post flyers</li> <li>• Call stakeholders</li> <li>• Post an invitation to join the committee on the school division website</li> <li>• Newsletter</li> <li>• Student handbook</li> </ul> <b>Document all methods used to make stakeholders aware of their ability to participate.</b>
<b>Nutrition Guidelines</b>	Standards and nutrition guidelines for all foods and beverages <b><i>sold</i></b> to students on the school campus during the school day that are consistent with applicable Federal regulations.	<ul style="list-style-type: none"> <li>• Adhere to school meal standards</li> <li>• Adhere to Smart Snack standards for complete foods (à la carte, concessions, fundraisers, vending, etc.)</li> </ul>
<b>Nutrition Standards</b>	Nutrition standards for all foods and beverages <b><i>provided, but not sold</i></b> , to students on the school campus during the school day.	Develop nutrition standards for: <ul style="list-style-type: none"> <li>• Classroom parties</li> <li>• Classroom snacks brought by parents</li> <li>• Foods given as incentives</li> </ul>
<b>Policy for Food and Beverage Marketing</b>	Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks standards.	<ul style="list-style-type: none"> <li>• Exteriors of vending machines</li> <li>• Posters</li> <li>• Menu boards</li> <li>• Coolers</li> <li>• Trash cans</li> <li>• Food service equipment</li> <li>• Cups</li> </ul>
<b>Nutrition Promotion</b>	Specific and measurable goals for nutrition promotion with consideration for evidence-based strategies.	<ul style="list-style-type: none"> <li>• Become a USDA HealthierUS School</li> <li>• Host a Health Fair</li> <li>• Start a school garden</li> <li>• Do food tastings</li> <li>• Wellness newsletters</li> </ul>
<b>Nutrition Education</b>	Specific and measurable goals for nutrition education with consideration for evidence-based strategies.	<ul style="list-style-type: none"> <li>• Standards based nutrition education</li> <li>• Integrated into curricula (i.e. cooking class, reading nutrition labels, etc.)</li> <li>• Use CDC’s Health Education HECAT tool to enhance, develop, or select curricula.</li> </ul>
<b>Physical Activity</b>	Specific and measurable goals for nutrition education with consideration for evidence-based strategies.	<ul style="list-style-type: none"> <li>• Physical Education (P.E.)</li> <li>• Classroom physical activities</li> <li>• Fitness testing</li> <li>• Recess</li> <li>• Standards for reward/punishment practices.</li> </ul>
<b>Other School-Based Wellness Activities</b>	Specific and measurable goals for other school-based activities that promote student health with consideration for evidence-based strategies.	<ul style="list-style-type: none"> <li>• Staff modeling/wellness programs</li> <li>• Walking/bicycling clubs</li> <li>• Before/afterschool programs</li> <li>• Access to school facilities</li> <li>• Total wellness (drug prevention programs, mental health, CPR, first aid, etc.)</li> </ul>
<b>Assessment</b>	Evaluation of LWP every 3 years, at a minimum: <ol style="list-style-type: none"> <li>1. Each schools compliance with the wellness policy</li> <li>2. How the wellness policy compares to model wellness policies</li> <li>3. Progress toward attaining goals</li> </ol>	<ul style="list-style-type: none"> <li>• WellSAT 2.0 (Rudd Center)</li> <li>• The Healthy Schools Program &amp; School Health Index (Alliance for a Healthier Generation)</li> <li>• School Division tracking tools</li> </ul> <b>Must be completed for first year and every three years after. Must document all assessments.</b>
<b>Communication</b>	Annually inform and update the public about: <ol style="list-style-type: none"> <li>1. Content of LWP</li> <li>2. Updates made to LWP</li> <li>3. The Triennial Assessment, including progress towards meeting goals of the LWP</li> </ol>	<ul style="list-style-type: none"> <li>• School website/newsletters</li> <li>• Student handbook</li> <li>• Report to school board</li> </ul> <b>Must document LWP public communications</b>