

Wellness Policy Guidelines - Elements of Implementation for Final Rule

Policy Focus	2010 HHFKA-Final Rule Requirements	Elements of Implementation
Public Involvement	<p>Invite the following to participate in the development, implementation and measurement of the LWP:</p> <ul style="list-style-type: none"> • School Board and Administration • Physical Education Instructors • School Health Professional • Community Members • Students • Parents • Food Service <p>Identify a designee with authority/responsibility to ensure compliance</p>	<ul style="list-style-type: none"> • Send email invitations • Post flyers • Call stakeholders • Post an invitation to join the committee on the school district website • Newsletter • Student handbook
Nutrition Guidelines	Standards and nutrition guidelines for all foods and beverages available for sale on the school campus during the school day consistent with applicable Federal meal pattern and competitive food regulations	<ul style="list-style-type: none"> • Adhere to nutrition guidelines for school meals • Adhere to Smart Snack standards for competitive foods (à la carte, concessions, vending, school stores)
Nutrition Standards	Nutrition standards for non-sold foods and beverages made available on the school campus during the school day	<p>Develop nutrition standards for:</p> <ul style="list-style-type: none"> • Classroom/school celebrations • Rewards • Fundraisers
Policy for Food and Beverage Marketing	Permit marketing on the school campus during the school day of only those foods and beverages that meet the competitive foods requirements	<ul style="list-style-type: none"> • Exterior of vending machines • Posters • Menu boards • Coolers • Trash cans • Food Service equipment • Cups
Nutrition Promotion	Specific and measurable goals for nutrition promotion with consideration for evidence-based strategies	<ul style="list-style-type: none"> • Become a HUSSC/Team Nutrition school • Health fair • School garden • Theme days/months • Food tasting • Wellness newsletters • Use Smarter Lunchrooms Movement best practices
Nutrition Education	Specific and measurable goals for nutrition education with consideration for evidence-based strategies	<ul style="list-style-type: none"> • Standards based nutrition education • Integrated into curricula (i.e. cooking classes) • School environment supports nutrition education
Physical Activity	Specific and measurable goals for physical activity with consideration for evidence-based strategies	<ul style="list-style-type: none"> • Physical Education (P.E.) • Classroom physical activities (i.e. brain bursts) • Fitness testing • Recess • Reward/punishment practices
Other School-Based Wellness Activities	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"> • Staff modeling/ wellness programs • Walking/ activity clubs (i.e. Safe Routes to School) • Before/after school programs • Access to school facilities • Environmental stewardship programs • Total wellness (drug prevention programs, mental health, CPR, first aid, etc.)
Assessment	<p>Evaluation of the LWP every 3 years (minimum):</p> <ol style="list-style-type: none"> 1. How the LWP compares to model wellness policies 2. Each school's compliance with LWP 3. Progress toward LWP goals 	<ul style="list-style-type: none"> • Idaho Wellness Policy Progress Report • WellSAT 2.0 (created by Rudd Center) • WellSAT-I (currently in development) • School District tracking tools
Communication	<p>Annually inform and update the public about:</p> <ol style="list-style-type: none"> 1. Content of LWP 2. Updates to the policy 3. Results of triennial assessment 	<ul style="list-style-type: none"> • School Websites • Student Handbook • Newsletters • Report to school board • After-school event (i.e. family fair, exhibit, sport game)