



Healthy Kids **Healthy Schools**

BUILDING HEALTHIER TOMORROWS

School Wellness Policy Requirements by Content Area

School districts must establish a diverse local wellness policy leadership team (*e.g. school health advisory council comprised of but not limited to administrators, district food service managers, district nurse managers, PE teachers, community members, parents, and students*) **to facilitate policy development, updates, implementation and compliance and permit participation by the general public and school community in the wellness policy process.**

Nutrition Promotion & Education

Wellness policy goals related to nutrition promotion & education:

- Include nutrition education as part of health education classes, stand-alone courses for all grade levels, and/or integrated into other core subjects such as math or language arts
- Provide developmentally and culturally appropriate participatory activities (*food tastings, farm visits, family cooking activities, contests, experience working in school gardens*)
- Promote healthy foods and beverages using posters, signage, and/or displays throughout the school setting
- Offer information to families that promotes and encourages healthy eating at home (*newsletters, website updates, workshops, PTO meetings*)
- Encourage schools to use USDA's Team Nutrition resources

Physical Activity

Wellness policy goals related to physical activity:

- Provide opportunities for physical activity outside of physical education (PE) for all grade levels (*classroom physical activity breaks, recess, intramural and after-school programs*)
- Incorporate physical activity into other core subjects
- Include goals and benchmarks for physical activity and education (*PE amount and frequency requirements - 60 minutes recommended per day, student fitness assessments*)
- Prohibit withholding or use of physical activity and education as punishment
- Encourage community use of school grounds/facilities outside of school hours
- Include strategies to promote safe, active walking/biking routes to school

School-Based Activities that Promote Student and Staff Wellness

Wellness policy goals related to student and staff wellness:

- Support staff health-promoting activities focused on skill development and lifestyle behavior change
- Encourage staff wellness programs that inspire school staff to serve as healthy role models (*worksite screening programs, employee assistance programs, other programs that help employees balance work and family life*)

- Encourage and promote healthy non-food fundraising activities (*teacher/student jog-a-thons, dog-washing, arts and crafts*)
- Support Farm to School programs and/or school edible gardens
- Provide opportunities for family engagement and family wellness activities (*TV Turn Off Week, 5.2.1.O Challenge, family cooking activities*)

Nutrition Guidelines for School Meals

Wellness policy goals related to school meal nutrition guidelines:

- All reimbursable meals will meet nutrition standards mandated by the USDA as well as any additional state nutrition standards that go beyond USDA requirements
- Make menus available to the public

Nutrition Standards for Other Foods Available to Students

Wellness policy goals related to competitive foods or “Smart Snacks”:

- All other foods available and/or sold on school campus during the school day (*including fundraisers and celebrations*) will meet federal Smart Snacks standards as well as any additional state nutrition standards that go beyond federal requirements
- Include information on types of foods and beverages available for sale in each school and nutrition information
- Restrict types of foods parents can bring for snacks and classroom celebrations
- Restrict the use of food as a reward or punishment
- Make water readily available throughout the school day

Policies for Food & Beverage Marketing

Wellness policy goals related to food & beverage marketing:

- Allow marketing of only those foods and beverages that may be sold on the school campus during the school day (*meet Smart Snack requirements*)
- Prohibit all forms of advertising and promotion of less nutritious foods and beverages on school campus

Administrative Review

- Update the public (*including parents, students, and teachers*) at least annually about content and implementation of wellness policy, the extent to which schools are in compliance, and progress made in attaining the goals of the policy
 - Submit annual progress reports
 - Conduct periodic assessments (*every three years at a minimum*) of wellness policy implementation to ensure compliance and that goals are being met
 - Update wellness policy as needed
- Permit participation by the general public in the wellness policy process