



1 hour Professional Standards Training

# Local Wellness Policy and Assessment

# Local Wellness Policy and Assessments



# WHO NEEDS TO HAVE A LOCAL SCHOOL WELLNESS POLICY?



- Each SFA MUST establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program.
  - This includes Residential Child Care Institutions, jails/detention centers, private schools including religious private schools, and charter schools.



# WHO IS RESPONSIBLE FOR DEVELOPING THE LOCAL SCHOOL WELLNESS POLICY?

SFAs are responsible for developing a local school wellness policy (7CFR 210.31(a)).

- A best practice would include having each school, within the SFA, customize the policy at the local level.
- If the SFA feeds a site that they do not have educational administrative responsibility for (i.e., a non-public school, a BOCES building, another school district), that site is held accountable for creating their own local school wellness policy and assessments and not the LEA that they are fed under *although* the SFA will be cited during an Administrative Review if that site fails to have a local school wellness policy.

SFAs are required to allow parents, students, school food authority representatives, teachers of physical education, school health professionals, the school board, school administrators, and members of the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy (7CFR 210.31(c)(5)).



*Follow this link to an example LWP*

[http://www.schoolnutritionandfitness.com/schools/rsd\\_1506091857328281/WellnessPolicy.pdf](http://www.schoolnutritionandfitness.com/schools/rsd_1506091857328281/WellnessPolicy.pdf)

# WHAT IS REQUIRED TO BE INCLUDED IN THE LOCAL SCHOOL WELLNESS POLICY?

SFAs have flexibility to develop specific content BUT the policies must include:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that are designed to promote student wellness (7CFR 210.31(c)(1));
- Standards and nutrition guidelines for all foods and beverages available on the school campus during the school day that are, at a minimum, consistent with Federal regulations for program meals and the Smart Snacks in School nutrition standards, and designed to promote student health and reduce childhood obesity (7 CFR 210.31(c)(2) and (3));
- Policies that allow marketing or advertising of only those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the Smart Snacks in the school nutrition standards (7CFR 210.319(c)(3)(iii)).

ALL FOOD AND  
BEVERAGES  
AVAILABLE TO  
STUDENTS AT NO  
CHARGE

- Local school wellness policies are ***required*** to address food and beverages that are both sold AND made available at no costs to students.
  - SFAs MUST develop standards and nutrition guidelines for all foods and beverages available, but not sold to students on the school campus during the school day (i.e., classroom parties or rewards). These standards are not required to be consistent with Smart Snacks standards as stated in (7CFR 210.31(c)(3)(iii)), local jurisdictions have the discretion to adopt standards consistent with Federal school meals and Smart Snacks or adopt more or less stringent standards.
  - For food and beverages sold to students, the local school wellness policy MUST include standards and nutrition guidelines that are consistent with the school meal requirements and Smart Snacks nutrition standards.

# WHAT IS REQUIRED TO BE INCLUDED IN THE LOCAL SCHOOL WELLNESS POLICY? (continued)

- SFAs are also required to:
  - Review and consider evidence-based strategies in determining local school wellness goals (7CFR 210.31(c)(1));
  - Involve, inform, and update the public (including parents, students and other stakeholders) about the content and implementation of the local school wellness policy (7CFR 210.31(d)(2) and (3));
  - Conduct an assessment, at least once every 3 years, to determine compliance, progress, and the extent to which the policy compares to model local school wellness policies (7CFR 210.31(e)(2));
  - Update or modify the local school wellness policy as appropriate (7CFR 210.31(e)(3)).

# Assessments of the Local School Wellness Policies

- Triennial Assessment- at a minimum, assessments must be conducted once every 3 years (7CFR 210.31(e)).
- This assessment is separate from the Administrative Review conducted by the State Agency.
- The final rule required LEAs to begin developing a revised local wellness policy by August 29, 2016. These revised policies were to be in place by July 1, 2017. Therefore, the first triennial assessment must be completed by June 30, 2020.



# What must be included in the triennial assessment?

*\*Follow this link to a model LWP*

- The LEA must develop a triennial assessment report that describes:
  - the extent to which its schools comply with the local school wellness policy;
  - the extent to which the local policy aligns with model policies; and
    - *The Alliance for a Healthier Generation, in conjunction with USDA, developed a model local school wellness policy template that may be used for this comparison.*
  - a description of progress towards attaining policy goals (7CFR 210.31(e)(2)).

\*\*\*THIS TRIENNIAL ASSESSMENT REPORT MUST BE MADE AVAILABLE TO THE PUBLIC (7CFR 210.31(d)(3))\*\*\*

**[http://www.schoolnutritionandfitness.com/schools/rsd\\_1506091857328281/WellnessPolicy.pdf](http://www.schoolnutritionandfitness.com/schools/rsd_1506091857328281/WellnessPolicy.pdf)**

# WHAT TOOLS ARE THERE FOR ASSESSING COMPLIANCE?

The SFA can develop their own tool for assessing compliance with specific components of their local school wellness policy.

- The SFA must document when and how they evaluated their policy (i.e., agenda, attendance sheet from a stakeholders meeting).

**The SFA can use our NYS Local School Wellness Assessment Tool**

- <http://www.cn.nysed.gov/common/cn/files/nyslswpassessmenttool.pdf>

**The SFA can use other developed tools/resources (i.e., WellSAT Tool)**

- <http://www.wellsat.org/>



# Who should conduct the assessments?

- SFAs must designate at least one school official as responsible for determining the extent to which each school is in compliance with their wellness policies (7CFR 210.31(e)(1)).
  - The SFA has discretion in determining who is responsible for overseeing the wellness policy including assessments. Some SFAs have positions titled “Wellness Coordinator”, while others have the School Nutrition Director or Health Educator oversee the policy.
  - In addition to the official identified, other stakeholders must be permitted to be involved in the review process (7CFR 210.31(d)(1)).



# How should SFA's engage stakeholders in the policy?

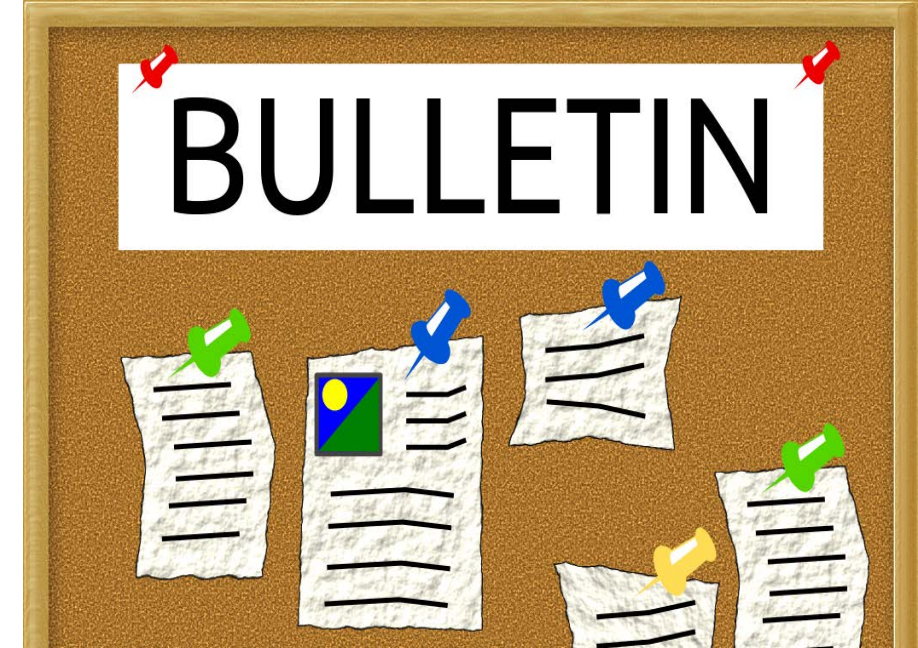
- Each year stakeholders must be provided with the opportunity to participate in the development, implementation, periodic review, and update of the local school wellness policy (7CFR 210.31(d)(1)).
- It is the LEAs discretion on how stakeholders are invited. Suggestions include:
  - Sending a letter to parents/families
  - Providing status updates in teacher/staff trainings
  - Posting a call for volunteers on the LEAs website
  - Including a blurb on the school, LEA, or local community newspaper, newsletter, and/or blog
  - Partnering with community organizations to spread the information
  - Posting information about the process on social media





# HOW SHOULD THE LEA NOTIFY THE PUBLIC ABOUT THE POLICY AND UPDATES?

- SFAs must inform the public each school year of basic information about the local school wellness policy including content and updates (7CFR 210.31(d)(2)).
  - It is recommended that the information be provided early in the school year
  - It is also encouraged for LEAs/schools to include a summary of each school's events or activities related to the local school wellness policy implementation on their annual public notification.
- Best practices include:
  - Highlighting the policy on school websites
  - Linking to the policy on individual school social media accounts
  - Sending updates in parent/school newsletter
  - Including the policy in parent/staff meeting presentations
  - Providing copies of the policy at back-to-school nights
  - Featuring the policy on parent or student specific webpages
  - Posting on school bulletins
  - Placing a blurb in a local newsletter or newspaper
  - Posting on a community website or blog
  - Sharing updates or accomplishments on a local radio station/television show







Be sure not to miss out on all  
local wellness opportunities

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Where can I get more information regarding technical support and funding opportunities.?

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- Tools are available to help SFAs develop, update and assess local school wellness policies. These websites contain resources on the local school wellness policy process, required wellness policy elements, success stories/best practices, trainings, grants/funding opportunities, and wellness policy implementation:
  - [theicn.org/cnss](http://theicn.org/cnss)
  - [healthiergeneration.org](http://healthiergeneration.org)
  - [wellsat.org](http://wellsat.org)
  - [www.cdc.gov/healthyyouth/npao/publications.htm](http://www.cdc.gov/healthyyouth/npao/publications.htm)



This concludes Local Wellness  
Policy and Assessments

New York State Education  
Department

- **Child Nutrition Program  
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