


Webinar: Wellness Policies


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The webinar will begin shortly.




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**Local School Wellness Policy
Requirements and Implementation**



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▶ Presentation Overview


- Explain brief history of the government's role in wellness policies and nutrition standards in schools
- Understand the required elements of a local school wellness policy under the Healthy, Hunger-Free Kids Act of 2010
- Review recordkeeping and monitoring
- Provide resources
- Answer your questions about wellness requirements



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Legislative Background – National School Lunch Act


- 2004 Child Nutrition and WIC Reauthorization Act
 - Required participating local education agencies (LEAs) to establish a local school wellness policy by school year 2006-07.
- 2010 Healthy, Hunger-Free Kids Act
 - Strengthened requirements for local school wellness policies with emphasis on policy implementation and public transparency.
 - Final rule released July 28, 2016 with implementation required by June 30, 2017.
 - Federal regulations for local school wellness policies are found at 7 CFR §210.31 (Electronic Code of Federal Regulations: <http://www.ecfr.gov/>).



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Wellness Policy Team: Leadership




Local School Wellness Policy Checklist

Each Local Education Agency (LEA) sponsoring the National School Lunch Program or School Breakfast Program is required to develop and implement a local school wellness policy. LEAs may use this checklist to ensure their written local school wellness policy includes the minimum elements required for compliance with Federal regulations under the Healthy, Hunger-Free Kids Act of 2010. For additional information on local school wellness policies, visit the Pennsylvania Department of Education, Division of Food and Nutrition's webpage.

- The policy identifies by job title the LEA/school official(s) responsible to ensure each school in the LEA complies with the policy.
- The policy includes a requirement for a triennial assessment (i.e., at least every three years) of the wellness policy that is made available to the public and is used to update the local wellness policy, as needed.
- The triennial assessment is required to include the following components:
 - Compliance of participating schools with the wellness policy;
 - Comparison of the local policy to a model school wellness policy; and
 - Progress made in attaining the goals of the wellness policy.

PEARS → Download Forms → Wellness Policy section




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Wellness Policy Team: Leadership

- Policy must identify the job title/position of the LEA official(s) or school official(s) responsible for the implementation, oversight, and compliance of schools with the wellness policy.




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Wellness Policy Team: Public Involvement

- Local school wellness policy must permit certain groups to participate in the development, implementation, review, and update of the policy:
 - Parents
 - Students
 - School food authority representatives
 - Physical education teachers
 - School health professionals
 - School board
 - School administrators
 - General public
- This requirement is most often accomplished via a wellness committee.
- The LEA must actively reach out to stakeholders, for example:
 - Open invitation on website
 - Email inviting stakeholders to participate




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Goals in the Wellness Policy: Overview

- The wellness policy must include goals for:
 - Nutrition education
 - Nutrition promotion
 - Physical activity
 - Other school-based activities to promote student wellness
- LEAs must review and consider evidence-based strategies and techniques in developing goals for the wellness policy.




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Required Goals: Nutrition Education

Policy ideas for nutrition education:

- Offer nutrition education as part of a comprehensive health education program.
- Integrate nutrition into other core subjects.
- Teach nutrition literacy and skills development.
- Reinforce lifelong lifestyle balance by linking nutrition education and physical activity.



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Required Goals: Nutrition Promotion

Policy ideas for nutrition promotion:

- Offer taste-testing and surveys in the cafeteria.
- Provide health and nutrition resources to families to encourage healthy meals at home.
- Promote consistent nutrition messages via posters, classroom lessons, and social media messages.



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Required Goals: Physical Activity

Policy ideas for physical activity:

- Offer opportunities for physical activity such as recess, before- and after-school programs, intramurals, sports, etc. to help students meet the recommended 60 minutes of physical activity daily.
- Provide physical education classes on a certain number of days per week or for a specified number of minutes per week.
- Do not require or withhold physical activity as a form of punishment.



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Required Goals: Other School-Based Activities

Policy ideas for other school-based activities that promote wellness:

- Offer staff wellness training to inspire them to serve as role models.
- Sponsor health fairs.
- Incorporate school gardens and other Farm to School initiatives.
- Ensure adequate time for students to sit and eat school meals.



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Required Goals: Integrating Evidence-Based Strategies

- Evidence-based strategies and techniques have been evaluated, studied and peer-reviewed.
- Policy templates from the Pennsylvania School Boards Association (August 2018) and Alliance for a Healthier Generation (September 2016) include evidence-based goals that the local wellness team can review and consider.
- Both model templates are available on PEARS→ Download Forms→ Wellness Policy section.



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Nutrition Guidelines for all Foods Available in School

The wellness policy must include nutrition standards for all foods and beverages available to students during the school day on each participating school campus under the jurisdiction of the LEA, including:

- Reimbursable school meals that meet federal meal pattern requirements;
- Foods and beverages sold outside of the reimbursable school meal that comply with the federal Smart Snacks in School nutrition guidelines; and
- Foods and beverages provided, but not sold, to students that follow standards specified in your local written policy.



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Nutrition Guidelines for all Foods Available in School

- "Competitive foods" refers to food and beverage items that are offered or sold outside of the reimbursable breakfast or lunch meal.
- "School campus" means any area of property under the jurisdiction of the LEA that students may access during the school day.
- "School day" means the period from midnight before school begins until 30 minutes after the end of the official school day.




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Nutrition Standards: Smart Snacks in School

- Examples of foods and beverages that must comply with Smart Snacks nutrition standards include items sold to students:
 - As à la carte items sold in the cafeteria
 - In vending machines
 - In school stores and snack carts
 - At in-school fundraisers
- The *Nutrition Standards for Competitive Foods in Pennsylvania Schools* are obsolete and should not be referenced in your wellness policy.




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Nutrition Standards: Food Fundraisers

- Food fundraisers that sell foods and beverages for consumption during the school day are required to meet Smart Snacks nutrition standards.
- However, the Pennsylvania Department of Education (PDE) permits schools to allow a limited number of "exempt" fundraisers each school year that do not have to meet Smart Snacks:
 - Five (5) per elementary and middle school building
 - Ten (10) per high school building
- As a best practice, local policies can include information about exempt fundraisers.




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Nutrition Standards: Non-Sold Items

- The school wellness policy must include local standards for all non-sold foods and beverages offered to students in school.
- Non-sold foods and beverages include items offered or available:
 - As food rewards or incentives,
 - At classroom celebrations and birthday parties, and
 - As shared classroom snacks.



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Nutrition Standards: Non-Sold Items

Examples of standards for non-sold items:

- "Food and beverages shall not be used as a reward or incentive in district schools."
- "Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100% juice, 100% juice diluted with water, low-fat milk or nonfat milk."



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Food and Beverage Marketing

- Policy must include language that any foods or beverages marketed or promoted to students on the school campus during the school day will meet or exceed the Smart Snacks in School nutrition standards.
- Marketing that occurs at events outside of school hours is not restricted by federal regulations.



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Food and Beverage Marketing Examples

Applies to:

- Vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

Does not apply to:

- Personal clothing
- Personal items
- Packaging of products brought from home
- Educational tools



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Covid-19 Triennial Assessment Extension Request

- LEAs must complete a *COVID-19 Triennial Assessment Waiver Request Form* by June 30, 2020, to receive the extension (PEARS→ Download Forms→ COVID-19 section).
- LEAs requesting the June 20, 2021 deadline also reset the three-year cycle and must complete a second triennial assessment by June 30, 2024.
- LEAs not submitting the form are required to complete the first triennial assessment by original date of June 30, 2020.
- LEAs that complete the first assessment before June 30, 2020 do not need to submit the form.



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Informing the Public

- LEAs are required to inform the public about the content, implementation, and any updates to the local school wellness policy.
- The policy must be made available to the public at least annually.
- Best practice: Post the school wellness policy on the LEA website.



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State Agency Monitoring and Oversight

- The wellness policy is included as part of PDE's Administrative Review (AR) of the School Nutrition Program.



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Administrative Review – Documentation

During the AR, LEAs must provide **supporting documentation** on the Off-Site Forms (1000 series) including:

1. The current local school wellness policy
2. Documentation demonstrating how the public knows about the local school wellness policy, such as
 - The web address to access policy online
 - Copy of information packet distributed at the beginning of the school year
3. Documentation of efforts to review and update the policy, such as
 - Agenda and attendance sheet from wellness committee meeting



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Administrative Review – Documentation, cont.

4. Explanation and documentation demonstrating efforts to actively solicit involvement from community stakeholders, such as
 - Copy of posting from LEA website or current web address
 - Email sent to wellness committee
 - Posted flier
 - Newsletter announcement
5. Triennial assessment
6. Documentation that the triennial assessment results were made available to the public, such as
 - Web address where posted
 - Agenda of public meeting where results were reported



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Resources for Reviewing/Updating Wellness Policies

- Pennsylvania School Boards Association (PSBA) template is available via the Division of Food and Nutrition's public website (www.education.pa.gov/dfn) by clicking on Resources → Local School Wellness Policy Information.
- Alliance for a Healthier Generation (AHG) model template (<https://www.healthiergeneration.org/media/364>)
- The Wellness Policy section of Download Forms in the Child Nutrition Program Electronic Application and Reimbursement System (PEARS) (www.pears.pa.gov/snp/splash.aspx) includes both PSBA and AHG templates plus additional information and resources.




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Technical Assistance and Resources from USDA

Wellness Policy - Helpful Links



- [Local School Wellness Policy Outreach Toolkit](#)
- [Final Rule](#)
- [Summary of the Final Rule](#)
- [Local Process](#)
- [Tools & Resources](#)
- [Local Wellness Policy Final Rule Q&A](#)
- [Monitoring](#)
- [Funding a Wellness Policy](#)
- [ICN Local School Wellness Policy Resources](#)

<https://www.fns.usda.gov/tn/local-school-wellness-policy>




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Technical Assistance and Resources from USDA

Local School Wellness Policy Outreach Toolkit



<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>




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PDE Contact Information

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Questions?




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For more information on the School Nutrition Programs, please visit
PDE's website at www.education.pa.gov/dfn

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- (3) email: program.intake@usda.gov.

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