

Evaluating Your Local School Wellness Policy

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed. [Local School Wellness Policies | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/food-nutrition-service/local-school-wellness-policies)

Wellness Policy Minimum Required Elements

- ☒ The district has a current wellness policy.
- ☒ The wellness policy has goals for nutrition promotion and other school-based activities: Examples of other school-based activities, may include (but are not limited to) ☒ improving the dining environment, ☒ giving students more time to consume their meals, and/or ensuring food is not used as a reward.
- ☐ The wellness policy has goals for nutrition education. Offer standard based nutrition education but no measurable goals
- ☒ The wellness policy has goals for physical activity.
- ☒ The wellness policy has nutrition guidelines for all foods available on each school campus and the nutrition guidelines promote student health.
- ☒ The district has designated at least one official in charge of wellness policy.

Implementing the Wellness Policy- School Responsibilities

- ☒ The district has a system in place to periodically evaluate and measure the implementation of the wellness policy. This must be at minimum, a triennial assessment (once every three years.)
- ☐ The district permits involvement of the following people in the development, implementation, review, and modification of the wellness policy:
 - ☒ Parents
 - ☒ Students
 - ☒ School Food Service Staff
 - ☒ Physical Education Teachers
 - ☒ School Health Professionals
 - ☒ School Board
 - ☒ School Administrators
 - ☒ General Public
- ☒ The district informs and updates the public on the findings of the wellness policy assessment and subsequent changes. This could be publicly posting the wellness policy in a physical location, or more commonly, posting to a public website for public transparency.
- ☒ The district retains documentation as proof of the above actions and can provide documentation to state agency when requested.
 - ☐ Proof of involvement of the appropriate parties could be in the form of an email invitation, publicly posted invitation to a meeting etc.
 - ☐ Proof of evaluation may be a physical evaluation worksheet, board meeting minutes with evaluation of school wellness policy as a line item.
 - ☐ Should SFA have questions regarding acceptable documentation, reach out to assigned education program specialist.