

Meal Talk: Local School Wellness Policies

Child Nutrition Programs
USDA Food and Nutrition Service

▶ Meal Talk Webinars



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U.S. DEPARTMENT OF AGRICULTURE

The Team Nutrition Initiative Supports the Child Nutrition Programs by:

- 
- 1** Developing nutrition education resources to help children make healthy food and physical activity choices as part of a healthy lifestyle
 - 2** Providing training and technical assistance for child nutrition professionals to enable them to prepare and serve nutritious meals that appeal to participants
 - 3** Providing technical resources to support healthy school & child care environments

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Today's Speakers



Kim Visioni, MS, RD
USDA Child Nutrition Programs



Juanita Bowens, PhD, RD, LD, SNS
SC Department of Education



Erica Ayers, MPH, MCHES, SC Department of
Health and Environmental Control



Nicole Good, MA Department of Elementary
and Secondary Education

Today's Agenda

- Local School Wellness Policy Requirements
- Wellness Policy Efforts in South Carolina
- Massachusetts School Wellness Activities
- Questions and Answers





Local School Wellness Policies

Helping Kids Learn, Grow, and Be Healthy

- A tool to establish, maintain, and evaluate healthy school environments that:
 - Promote student health and wellness
 - Improve nutrition security
 - Improve academic performance





Try It Out!

Which of the following is true of Local School Wellness Policies? Choose all that apply:

- A. It is required by the federal government if your school participates in the National School Lunch Program.
- B. It is optional for schools interested in wellness.
- C. Every three years, school districts must assess how well they are meeting the nutrition and wellness goals in their policy.
- D. Districts do not have to inform the public about their wellness policy.



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- C. Every three years, school districts must assess how well they are meeting the nutrition and wellness goals in their policy.
- D. Districts do not have to inform the public about their wellness policy.

What is a Local School Wellness Policy?

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.



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Try It Out!



According to federal requirements, a Local School Wellness Policy must have which of the following components? Choose all that apply.

- A. Specific goals for nutrition promotion and education
- B. Nutrition guidelines for foods and beverages sold in school
- C. Standards for all foods and beverages provided, but not sold, in school
- D. School cleaning protocols

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- D. School cleaning protocols

Local School Wellness Policy Requirements

Policies must include...

- ✓ Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- ✓ Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations.
- ✓ Standards for all foods and beverages provided, but not sold, to students, during the school day (e.g., classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- ✓ Policies that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.



A Guide to Smart Snacks in School

Newly Updated!

- Applies to foods or drinks sold outside of NSLP or SBP during the school day.
- Updated with:
 - New cover
 - Milk types allowed
 - Information about Smart Snacks Product Calculator
 - New Nutrition Facts Label
 - Additional nutrition education resources
 - Printed copies now available!



fns.usda.gov/tn/guide-smart-snacks-school



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Local School Wellness Policy Requirements

Public Involvement

- ✓ Establish **wellness policy leadership** of one or more school district and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.
- ✓ **Permit participation** by the general public and the school community in the wellness policy process.
 - Parents, students, representatives of the school district, teachers of physical education, school health professionals, the school board, and school administrators



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Local School Wellness Policy Outreach Toolkit

- Letter to principal
- Parent flyer (English and Spanish)
- Presentation for staff
- Presentation for parents
- Newsletter article and social media posts



fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit



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Local School Wellness Policy Requirements

Triennial Assessments

- ✓ Conduct an assessment of the wellness policy every 3 years, at a minimum, to determine:
 - Compliance with the wellness policy,
 - How the wellness policy compares to model wellness policies, and
 - Progress made in attaining the goals of the wellness policy.



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Local School Wellness Policy Requirements

Updates to the Wellness Policy

- ✓ Update or modify the wellness policy as appropriate.

Public Updates

- ✓ Inform the public about:
 - The wellness policy, including any updates, on an annual basis, and
 - The Triennial Assessment.



Final Rule:

fns.usda.gov/cn/fr-072916c

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Local School Wellness Policy Tools and Resources Webpage

- Triennial Assessment Resources
- Model Policies
- Wellness Committee Resources
- New Infographic and Web Quiz



fns.usda.gov/tn/local-school-wellness-policy-implementation-tools-resources

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Child Nutrition Sharing Site



theicn.org/cnss

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Local School Wellness Policy Refresh! Infographic



fns.usda.gov/tn/local-school-wellness-policy-refresh-infographic

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Local School Wellness Policy Refresh!

Does your district's Local School Wellness Policy need an update?
Now is a great time to bring your school community together to create strong school environments that support students' growth, learning, and well-being.

Classroom Celebrations School Meals Incentives/Prizes Nutrition Education Marketing Fundraisers Physical Activity

What's in a Local School Wellness Policy?

Get Ideas!

TeamNutrition.USDA.gov
FNS-949 • August 2022 | USDA is an equal opportunity provider, employer, and lender.

Local School Wellness Policy Refresh!

Renew

- Identify a Local School Wellness Policy Coordinator for your district if it does not already have one.
- Invite school administration, students, parents, school nutrition staff, teachers, coaches, nurses, and community members to be a part of your district's wellness committee.
- Spread the word using Team Nutrition's Local School Wellness Policy Outreach Toolkit! fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit

Strengthen

- Compare your district's policy to a model policy. Use one of the ones listed here: fns.usda.gov/tn/implementation-tools-and-resources.
- Review findings from recent wellness policy assessments, such as a triennial (3-year) assessment, if applicable.
- Update your policy to include standard wellness practices your district is already doing. For example, add breakfast-in-the-classroom practices to your policy.
- Propose policy updates to your school administration and get their support.

Energize

- Assign roles and responsibilities for putting the policy into action at the district and school level.
- Educate school administration, staff, and families about the policy.
- Identify wellness champions at each school in your district.
- Build excitement by sharing examples of how the district is engaging students, families, staff, and principals in school wellness activities.

Nourish

- Meet with your wellness committee several times per year to discuss how your district is meeting or not meeting its wellness policy goals.
- Spotlight school successes and acknowledge the efforts of school wellness champions.
- Plan for the required triennial (3-year) assessment of your policy. Learn more about it at: fns.usda.gov/tn/implementation-tools-and-resources.

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School Nutrition Environment Web Quiz



[fns.usda.gov/tn/quizzes/school nutrition environment quiz](https://fns.usda.gov/tn/quizzes/school-nutrition-environment-quiz)

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Team Nutrition Back-To-School Online Toolkit

Newly Updated for School Year 2022-2023

- Building a Healthy School Environment
- Nutrition Education for Students and Families
- New Training for School Nutrition Professionals



fns.usda.gov/tn/back-school

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Wellness Policy Efforts in SC

Erica Ayers, MPH, MCHES

Juanita Bowens, PhD, RD, LD, SNS

Molly M. Spearman – State Superintendent of Education

Objectives

- Identify State Developed tools
- List actions SFAs can take to renew their LWP for SY 2022-23
- Identify three strategies to engage school administration, staff, and families in LWP.
- Name two ways to strengthen LWP based on triennial assessment report (TAR) findings.





State Technical Assistance Team (STAT)

- Erica Ayers, MPH, MCHES
SC Department of Health and Environmental Control
- *Beth Barry, MPH, MCHES*
Alliance for a Healthier Generation
- McClain Borsich, MPH, CHES
MUSC Boeing Center for Children's Wellness
- Juanita Bowens, PhD, RD, LD, SNS
SC Department of Education
- Molly Mills, RDN, LD
Alliance for a Healthier Generation

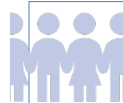
Shared Goals



Provide technical assistance and no-cost resources to allow change agents/wellness champions in SC create healthy environments

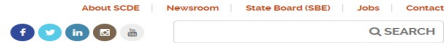


Heighten awareness of the status of children's health and the impact LWP can have on changing health statistics and improving the quality of life for families.



Provide healthy environments for all children at all functional level.

SCDE Office of Health & Nutrition Wellness Policy Page



Districts & Schools Tests Educators Instruction Data Policy Finance SBE How do I? Login

Home / Districts & Schools



wellnesspolicy@ed.sc.gov

Policy

DISTRICT WELLNESS

Code **ADF** Issued **MODEL/17**

The district recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The district is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular-physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices.

Local. Wellness Policy (LWP) Checklist

According to the [Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010 | Food and Nutrition Service \(usda.gov\)](#) - All **10 components** below are required to be included in the LWP. On your district wellness policy, please highlight where each component is addressed. If the component is included in an administrative rule, regulation, or other policy document, please include that document highlighted as indicated.

Components	Best Practices
1. Policy Leadership: Identify one or more school district and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy	<i>Superintendent or Associate Superintendent</i> Best Practices: - A school champion is the LWP leader - A LWP leader is identified at each school - LWP leader has influence in school and community - LWP leader has time to support committee's goals Measurable Goal (s): - By June 2023, the principals will identify a wellness champion at 25% of the schools.

District Wellness Policy Annual Progress Report 20

School District: _____

Wellness Contact Name & E-mail: _____

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Steps to implement, challenges/barriers	Data source for monitoring; Next steps for full implementation/expansion
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	☐	☐	☐		
Public Involvement					
2. Meets at least once per year to establish district wellness goals for, and to oversee, school health and safety policies and programs including development, implementation, and periodic review and update of the wellness policy.	☐	☐	☐		
3. To the extent possible, parents/legal guardians, representatives of district physical education teachers, professionals, the school administrators, and the					

District Wellness Policy Triennial Assessment Report 2020

School District: _____

Wellness Contact Name & E-mail: _____

Wellness Policy Components	Fully in Place	Partially in Place	Not in Place	Describe Actions Taken for Implementation (include supports and challenges)	Data Source for Monitoring
District Wellness Committee/Coordinated District Health Advisory Council					
Policy Leadership					
1. The designated officer for ensuring district compliance with the wellness policy and oversight is identified. (PO-3)	☐	☐	☐		
1a. Each school has a designated wellness leader. *	☐	☐	☐		
1b. Each school wellness leader monitors implementation of the wellness policy and reports compliance to the district wellness leader. *	☐	☐	☐		

■ Fully in Place ■ Partially in Place ■ Not in Place

15. Annually, the public is notified about the content and implementation of the wellness policy and any...

15a. The name and contact information of the designated officer is publicized.

15b. Information is shared on how the public can become involved with the wellness committee or...

ID ↑	Name	Responses
1	anonymous	Information is shared on the District Website
2	anonymous	Public is notified via school Website
3	anonymous	Quarterly meeting to make correction as needed.
4	anonymous	The Wellness policy is posted on the District web page. A copy of any information regarding the wellness policy can be made available to anyone requesting it.
5	anonymous	All of our information is published on the district website

Wellness Policy Webinars

- [Local Wellness Policy Webinar: Meeting Federal and South Carolina Local Requirements](#)
- Introduction - [Local Wellness Policy: Meeting Federal and South Carolina Local Requirements](#)
- Webinar 1 - [Engaging Your Coordinated School Health Advisory Council \(CSHAC\)](#)
- Webinar 2 - [Meeting the LWP's 10 Required Components](#)
- Webinar 3 - [Getting Ready for the Triennial Assessment](#)

Plus Courses in CANVAS Platform

USDA Team Nutrition Nutrition Education Resources

Resource	Target Audience
Discover MyPlate	Kindergarten
Serving Up MyPlate	Grades 1-2; 3-4; and 5-6
The Great Garden Detective Adventure	Grades 3-4
Dig In!	Grades 5-6
Team Nutrition Popular Events Booklet	Grades K-8
Nutrition Voyage: The Quest To Be Our Best	Grades 7-8







Healthier Middle Schools: Everyone Can Help!

Healthier Middle Schools: Everyone Can Help! Every principal can help.

• Audience-tested communications tools to engage school community in wellness efforts:

- Teachers
- Principals
- Parents
- Foodservice Managers
- Students




<http://teamnutrition.usda.gov>

Wellness Policy Resources



Measure Progress and Compliance for Your Wellness Policy's Triennial Assessment



Implementing, Monitoring, and Communicating Your Wellness Policy



A Deeper Look Inside the Model Local School Wellness Policy

To access resources, create a FREE account on Healthier Generation's Action Center: www.healthiergeneration.org/app/

Actions to Renew LWP in 2022-23

Back to Basics

1.

Review TAR from 2021-22 SY

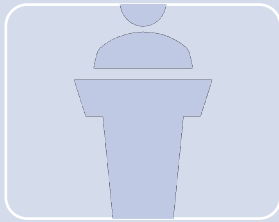
2.

Review LWP Checklist

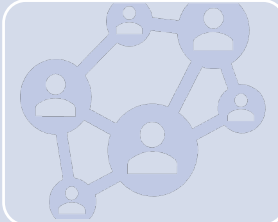
3.

Develop Action Plan for Improvement

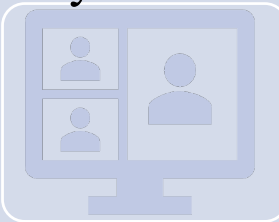
Actions to Engage Admin + Staff + Family



State
Conferences



State
Associations



Local
Guidance



RICHLAND ONE
Health and Physical Education

*Becoming a Healthy School
is a journey...*



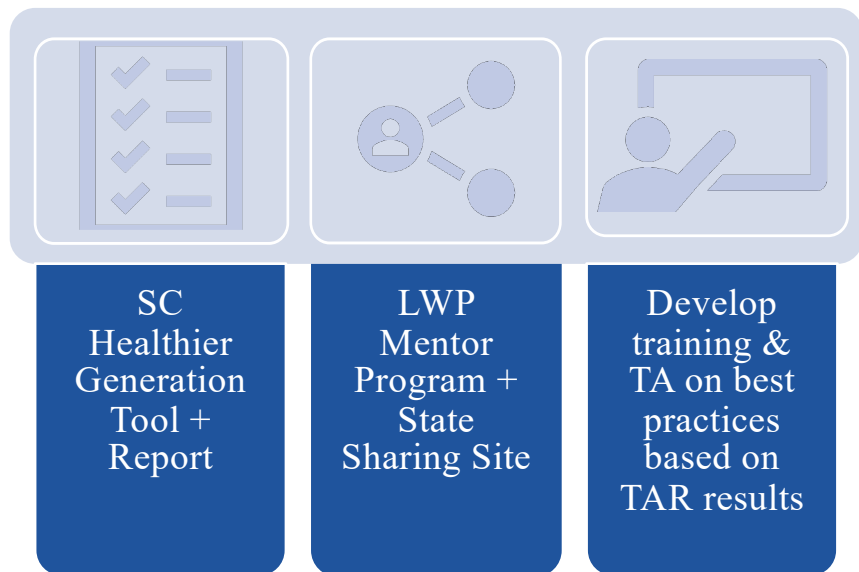
46 National Healthy
Schools Award Winners





...a student-driven wellness initiative created to reduce childhood obesity & build a wellness culture for all in our community.

Next steps for LWP STAT





Massachusetts School Wellness

August 17, 2022

Nicole Good, School Wellness Specialist
Office For Food and Nutrition Programs



Agenda

- 01 MA School Wellness Needs Assessment
- 02 Engaging Stakeholders
- 03 Triennial Assessment Track
- 04 MA School Wellness Initiatives
- 05 Resources

01

MA School Wellness Needs Assessment

MA School Wellness Needs Assessment

2018:

- MA school wellness coalition members met to discuss future school wellness initiatives



2019:

- [MA School Wellness Needs Assessment](#) was conducted to determine:
- Challenges and Best Practices



MA School Wellness Needs Assessment

2019:

- Surveys sent to MA Schools
- Surveys were followed up with phone interviews

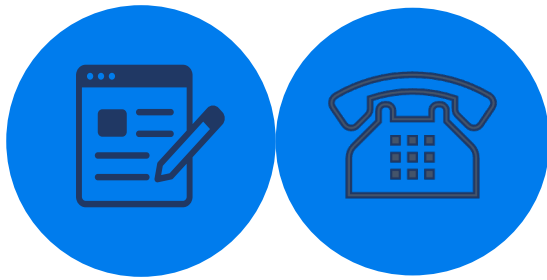


Table 3: Primary role in your school during the 2018-2019 school year

Primary Role	n	%
District level administrator	130	18
School level administrator	60	8
Teacher	15	2
Health teacher	42	6
Phys Ed teacher	45	6
School food/Nutr. service	208	29
School counselor	3	<1
School nurse	138	19
Parent	12	2
Wellness committee member	11	2
Community partner	12	2
Other	41	6
Total	717	100

School Wellness Challenge: Time

I think that there are a lot of competing demands for our attention and time.

Wellness is one of those things that may fall into that category [with a] multitude of initiatives or mandates that can sometimes be a challenge.



- Administrators
- Families
- Teachers
- School Nutrition Professionals

02

Engaging Stakeholders

Engaging Administration

- **Administration**

- [Academics: YRBS Data](#)
- Behavior
 - Highlight Nutrition Education and how it relates to core subjects in LWP
- Funding
 - [NFL Play 60](#)
 - [Action for Healthy Kids](#)



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Making the Connection: Dietary Behaviors and Academic Grades

Data from the 2019 national Youth Risk Behavior Survey (YRBS) show that students with higher academic grades are more likely to engage in healthy dietary behaviors compared to students with lower grades. It is important to remember that these associations do not prove causation. School health professionals, school officials, and other decision makers can use this fact sheet to better understand the associations between healthy dietary behaviors and grades and reinforce policies and practices that support healthy eating in schools.

Key Findings

Compared to students with lower grades, students with higher grades are

more likely to

- Eat breakfast on all 7 days.
- Eat fruit or drink 100% fruit juice one or more times per day



- Eat vegetables one or more times per day.
- Not drink a can, bottle, or glass of soda or pop.



The findings do not show that academic grades are associated with drinking one or more glasses per day of milk.

Engaging Staff

- **Staff**

- Incorporating staff wellness into the LWP
- Providing Trainings or PD Days that focus on Staff Wellness
- Providing Success Stories from Peers

Snapshots of School Wellness Success: Methuen Public Schools



The Fresh Fruit and Vegetable Program (FFVP) provides fresh produce to eligible elementary schools across the nation. The goal of FFVP is to increase awareness, nutrition education and consumption of fresh produce to children.

School Wellness Solution: Engaging Families

- **Families**

- Increase access to Wellness Committee Meetings
 - Promote via Social Media
 - Include a virtual option
- Partner with State PTA
 - Ask to present or share wellness updates at upcoming meetings
- Partner with Family and Engagement Offices
 - State or District Level

... one thing I've found is getting an initiative into a school if it is not pushed by our main stakeholders, which is parents and kids, or parents, it does not necessarily go over well or is not well received.

03

Triennial Assessment Track

Local Wellness Policy: SFA's Preparing for SY22-23

1

Schedule a Wellness Committee Meeting at the beginning of the school year.

2

Use the meeting time to assess the LWP using the WellSAT: 3.0.

3

The WellSAT 3.0 will generate a scorecard based on assessment results. Use this scorecard to update the policy.

Tips for Strengthening the Local Wellness Policy

1

Use a Shared Drive

- Upload WellSAT 3.0 Scorecard
- Upload copy of LWP
 - Enable use of comments and track changes
 - Allows for virtual work at anytime

2

Determine Action Plan Based on Scorecard

- Review sections that had the lowest scores
- Prioritize these updates in SY
- Share update plan with school committee/board
 - Can be in writing

04

Massachusetts School Wellness Initiatives

MA School Wellness Initiatives



School Wellness Initiative for Thriving Community Health

MA School Wellness Initiatives

SWITCH Initiative



MassSchoolWellness.org



What's Up with Wellness
E-Newsletter

MA School Wellness Initiatives

SWITCH Initiative



Massachusetts School Wellness Coaching Program

MA School Wellness Initiatives

SWITCH Initiative

Twitter: @MASchWellness

Facebook: @MASchWellness



MA School Wellness Coalition



05

Resources

Wellness Resources

- [MA School Wellness Needs Assessment](#)
- [Academics: YRBS Data](#)
- [NFL Play 60 Funding](#)
- [Action for Healthy Kids](#)
- [What's Up with Wellness](#)
- [SWITCH Website](#)
- [Twitter](#)
- [Facebook](#)
- [Massachusetts School Wellness Coalition Partners](#)

Massachusetts Department of Elementary and Secondary Education



THANK YOU

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Key Takeaways



Renew

- Identify a local school wellness policy coordinator for your district
- Build or re-engage your district wellness committee making sure to invite the various stakeholders to be involved
- Spread the word!

Strengthen

- Compare your policy to a model policy
- Continue reviewing and assessing local wellness policies
- Propose policy updates to school administration and get their support!

Energize

- Educate school administration, staff, and families about your policy
- Identify wellness champions at each school
- Build excitement!

Nourish

- Meet with your wellness committee several times per year
- Plan for the triennial assessment
- Spotlight school successes!

After today's webinar....



- **August 18:** All who registered for this webinar will receive an email with the websites mentioned today.
- **August 31:** All who attended this entire webinar will receive a **certificate of attendance** via email.
 - If you watched this webinar with others, you may print out a certificate for each person.
 - This webinar may count toward USDA Professional Standards for School Nutrition Programs. Suggested Key Area: 1000 and Key Topics 1100: Menu Planning
 - This email will include information on how to receive Continuing Professional Education Credits from the Academy of Nutrition and Dietetics.
- **In a few weeks:** All who registered for this webinar will receive an email once the **captioned recording of this webinar** has been made available on the Team Nutrition website.