

Does Your Wellness Policy Measure Up?

A local school wellness policy is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation* and the Code of Federal Regulation 210.30 and 220.7.

- District has current wellness policy. Date it was last updated: 4/25/17
 - Includes goals for nutrition education & promotion, physical activity, and other school-based activities.
 - Consider evidence-based "Smarter Lunchrooms" strategies and techniques
 - Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
 - Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.).
 - Includes policies that allow marketing or advertising of only those foods and beverages that meet Smart Snacks in School nutrition standards.
 - Includes a plan for measuring implementation of the policy

Wellness Policy Leadership: District has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy. Name/Title of Designated Official: Chris Beach – Child Nutrition Director and Mike Munske – Endeavor Principal

District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy:

- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Parents | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> School Food Service |
| <input checked="" type="checkbox"/> Teachers of Physical Education | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> School Board Members |
| <input checked="" type="checkbox"/> School Administrators | <input checked="" type="checkbox"/> General Public | |

Documentation: current committee member list, meetings announcements, committee invitations, updates and assessments made available to the public

- District informs and updates the public on the content and implementation of the wellness policy including progress made in attaining the goals of the policy.
 - Triennial Building Progress Reports: description of each school's progress in meeting the wellness policy goals, a summary of each school's local wellness events, and activities, and information on how individuals can get involved completed every 3 years.
 - Triennial Assessments: assess compliance of the local school wellness policy by compiling School Wellness Building Progress Reports every 3 years to determine progress made in attaining the policy goals.
 - Assessment report must describe the extent to which its schools comply with the local wellness policy, the extent to which the local policy aligns with model policies, and a description of progress towards attaining policy goals.

Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.

Does Your Wellness Policy Measure Up?

SD Dept. of Education's Child and Adult Nutrition Services reviews school wellness policies during Administrative Reviews.

You can find more information on School Wellness Policies here: <http://doe.sd.gov/cans/nslp.aspx>