



School Wellness Policy

Support Materials and Resource Guide



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Produced by:

Iowa Action for Healthy Kids
Web site: www.actionforhealthykids.org

Iowa Association of School Boards
700 Second Ave., Ste. 100
Des Moines, Iowa 50309
Phone: (515) 288-1991
Web site: www.ia-sb.org

Revised by:

Iowa Department of Education
Grimes State Office Building
400 East 14th Street
Des Moines, Iowa 50309
Phone: (515) 281-6192
Web site: www.iowa.gov/educate/

Process for School Wellness Policy Development

The following eight-step process for developing school wellness policies is recommended as a best practice. It has been adapted from the United States Department of Agriculture's Team Nutrition web site.

1. Homework

At a minimum, your school district's new wellness policies must be in compliance with the federal statute requirements, and all relevant state and district requirements.

2. Form a Team

The law requires (1) parents, (2) students, (3) representatives of the school food authority, (4) the school board, (5) school administrators, and (6) the public be involved in the process. Make sure you involve everyone who will be affected by the policy.

3. Assessment

Determine your school district's needs. The Iowa online assessment tool is recommended to help do this. Schools can enter building-level data, then a district-wide report will be compiled at the request of the district. The tool is available at:
<http://www.fshn.hs.iastate.edu/schoolnutrition/homepage.htm>

4. Draft a Policy

The law states the policy must address:

- nutrition education goals,
- physical activity goals,
- other school-based activities that promote student wellness goals,
- nutrition guidelines for all foods available on each campus, and
- a plan for measuring implementation.

5. Build Awareness and Support

Educate and inform your stakeholders (parents, students and community) and use the media to create awareness and build support.

6. Adopt the Policy

Get approval from the school board.

7. Implement the Policy

The policy can be phased in or put in place all at once.

8. Maintain, Measure, Evaluate

Establish a plan for measuring implementation of the wellness policy, including designation of one or more person(s) in the district or at each school with responsibility for ensuring the school meets policy requirements. Evaluation and feedback are very important in maintaining a wellness policy.

Nutrition Education and Promotion

MyPyramid

MyPyramid offers individualized eating plans and tools to help you plan and assess your meal choices according to the Dietary Guidelines for Americans. You can also find resources for every age group and a new food database called MyFood-A-pedia.

<http://www.mypyramid.gov/>



Fuel up to Play 60: The NFL Movement for an Active Generation

Created in partnership by the National Dairy Council (NDC) and the National Football League (NFL), Fuel Up to Play 60 empowers youth to take actions to improve nutrition and physical activity in their school and personal lives.

<http://www.fueluptoplay60.com/>



Pick a Better Snack & ACT

This comprehensive education and social marketing campaign strives to help children consume more fruits and vegetables by increasing the amount of times they eat them as a snack. The components of the program are available free online and include family newsletters, recipe cards, monthly lessons, bingo cards, scorecards, posters, physical activity posters, retail intervention toolkits, radio PSAs, newspaper ads/articles, outdoor signage, fruit and vegetable fact sheets, and fruit and vegetable graphic files.

www.idph.state.ia.us/Pickabetersnack/



Dietary Guidelines for Americans

The Dietary Guidelines for Americans have been published every five years as a joint effort between the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The guidelines serve as the basis for Federal food and nutrition education programs.

<http://www.health.gov/dietaryguidelines/>



Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

www.teamnutrition.usda.gov/



Physical Activity

Daily Physical Education

Iowa Association for Health, Physical Education, Recreation and Dance (IAHPERD)

IAHPERD's main focus is providing leadership and support for programs that target healthy, active lifestyles. Included on its website is information about IAHPERD events and membership, as well as resources for professionals in health, PE, recreation, and dance.

<http://www.iowaahperd.org/>



Let's Move in School

The National Association for Sport and Physical Education designed this call to action for teachers, parents, principals, school administrators, and legislators to ensure schools implement a comprehensive physical activity program and teach youth about the benefits of being active throughout life.

<http://www.aahperd.org/naspe/advocacy/letsmoveinschool/>



Daily Recess

American Association for the Child's Right to Play

The American Association for the Child's Right to Play is a division of the International Play Association. The purpose of the organization is to protect, preserve, and promote play as a basic human right. Its web site provides links to recess-related resources and programs, as well as current research addressing the benefits of school recess.

<http://www.ipausa.org/>



Physical Activity Opportunities After School

After School Physical Activity

This web site was created for grades 4 through 8 and includes ideas for games and activities for youth to stay up and moving after the school day. Categories included on the web site range from *Street Games* and *Multi-Cultural* to *Cooperative Games*, *Survivor*, and *Dance*.

<http://www.iahsaa.org/>



International Walk to School in the USA

Walking (or biking) to school is just one of the many ways children can be physically active. The International Walk to School in the USA web site offers resources for schools getting started with the program, event ideas, and resources helpful in the promotion and education process. In addition to enhancing the health of kids, this program has the potential to help improve the air quality of the environment and initiate the creation of safer routes for walking and bicycling.

<http://www.walktoschool.org/>



Other School-Based Activities that Promote Student Wellness

Integrating Physical Activity into Classroom Settings

Live Healthy Iowa Kids

This free, 100 day program was designed for students in grades K-12 to help them learn and apply healthy eating and physically active behaviors. The program runs from January through April and challenges youth to get at least 60 minutes of physical activity per day. Resources and monetary incentives are available to schools who participate.

<http://www.iowasportsfoundation.org/LiveHealthyIowaKids/>



JAMmin' Minute

The JAM School Program is a free program for schools that is designed to incorporate physical activity and health education into the classroom. It provides a weekly one-minute exercise routine known as the JAMmin' Minute as well as a monthly health newsletter.

<http://www.jamschoolprogram.com/>



Take 10!

Take 10! is a classroom-based physical activity program for K-5 students that integrates academic learning objectives for core subjects into 10-minute physical activity breaks.

<http://www.take10.net/>



Energizers

These physical activity breaks integrate movement with academic concepts and are ideal for a classroom setting. Energizers are available for free on the North Carolina PE is Active web site and are designed for elementary and middle school students.

<http://www.ncpe4me.com/energizers.html>



Communication with Parents

Let's Move

This program was developed by First Lady Michelle Obama to solve the epidemic of childhood obesity within a generation. Let's Move offers parents simple tools to make healthy choices, strives to get healthier food in schools, increases opportunities for kids to move, and works to improve families' access to healthy, affordable food.

<http://www.letsmove.gov>



Parent Teacher Association (PTA) Great Ideas Bank

The web site offers a section on Health and Wellness under the “Forum” tab and offers an opportunity for parents to learn from each other ways to promote healthy lifestyles.

<http://www.ptagreatideabank.org/>



Spend Smart. Eat Smart.

Spend Smart. Eat Smart is an interactive web site developed by Iowa State University Extension. It offers money-saving suggestions and activities designed to help individuals generate cost-effective meals through proper planning, shopping, and preparation.

<http://www.extension.iastate.edu/foodsavings/>



Staff Wellness

Live Healthy Iowa

This program includes a 100 Day Wellness Challenge that engages Iowans in healthy behaviors. It is a web-based wellness program that promotes physical activity, nutrition, and other behaviors that lead to a healthier lifestyle.

<http://www.livehealthyiowa.org/>



School Employee Wellness

The School Employee Wellness web site provides information, practical tools, and resources for school employee wellness programs.

<http://www.schoolempwell.org/>



Eating Well – Moving More

Iowa State University Extension offers Eating Well – Moving More, a wellness program, for school staff. It helps employees make lifestyle changes that influence hypertension including weight, physical activity, diet, sodium intake, and alcohol use.

<http://www.extension.iastate.edu/homefamily/aging/eatingwell.htm>



Wellness Council of Iowa

The Wellness Council of Iowa promotes healthy lifestyles through worksite wellness initiatives with the mindset that preventing disease is more cost-effective than curing disease.

<http://www.wellnessiowa.org/>



Nutrition Guidelines for All Foods Available on Campus

School Meals

National School Lunch Program/School Breakfast Program

The USDA's National School Lunch Program (NSLP) and School Breakfast Program (SBP) web sites offer information on NSLP/SBP facts, history, eligibility, reauthorization, and related reports.



<http://www.fns.usda.gov/cnd/Lunch/> (NSLP)
<http://www.fns.usda.gov/cnd/breakfast/> (SBP)

Farm to School

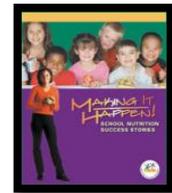
This program is designed to bring healthy food from local farms to school children nationwide. Farm to School teaches youth about the path food takes to get from farms to their plates while teaching them healthy eating habits that will last a lifetime.



<http://www.farmtoschool.org>

Making it Happen! School Nutrition Success Stories

This free document shares stories from over 30 schools and school districts that have made changes to improve the nutritional quality of foods and beverages offered to students. One common theme expressed is that students will buy healthy food and beverages and schools can make money from selling these options.



<http://www.fns.usda.gov/tn/Resources/makingithappen.html>

Breakfast

Expanding your School Breakfast Program Toolkit

The USDA Food and Nutrition service offers a school breakfast toolkit. This resource is available to schools interested in improving participation in their breakfast program and includes downloadable tools and resources to engage school staff, parents, and students.



<http://www.fns.usda.gov/cnd/Breakfast/expansion/>

Qualification of Foodservice Staff

School Nutrition Association Iowa

The mission of this organization is to advance good nutrition for all children by providing them healthy meals and nutrition education at school. The web site includes a resource center with up-to-date school nutrition research, marketing tools, best practices information on running a food service program, nutrition education information, meal preparation resources, and staff appreciation ideas. Current legislative action is also available on the web site.



<http://www.snaiowa.org/>

Food Safety

Food safety is a concern for foods offered and sold outside of school meals. Iowa State University Extension offers a list of resources regarding food allergens, hand washing, and general food safety. Schools may consider utilizing some of the handouts as a resource for school staff, students, parents, and the greater school community.

<http://www.fns.usda.gov/cnd/Breakfast/expansion/>



Foods Sold Outside the Meal

Iowa Healthy Kids Act

The Iowa Healthy Kids Act set physical activity requirements and nutritional content standards for foods and beverages sold to students during school in a la carte, vending, and regulated fundraising. The Iowa Department of Education's Healthy Kids Act web site offers tools and resources for schools as they work to implement the Iowa Healthy Kids Act and nutritional content standards. Visit the web site to find FAQs, the Nutrition Calculator, upcoming Healthy Kids Act trainings/workshops, and the Healthy Kids Act Toolkit.

<http://www.tinyurl.com/iowa-HKA>

**USDA Nutrient Database**

This database allows for searches of basic food items in order to obtain a nutrient analysis of calories, protein, fat, carbohydrates, fiber, as well as vitamins and minerals. Schools may consider offering this as a resource to help determine the nutrition content of foods sold outside of the school meal (i.e. classroom snacks).

<http://www.nal.usda.gov/fnic/foodcomp/search/>



Plan for Measuring Implementation

Action for Healthy Kids Wellness Policy Tracker

Action for Healthy Kids (AFHK) is a nonprofit organization formed to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at schools. To assist schools in the development, implementation, and evaluation of their wellness policies, AFHK developed this tool. It includes an 8-step process designed to provide schools with practical guidance for creating a healthier school environment for students.

<http://www.a4hk.org/policymonitor/trackerregister.php>



Local School Wellness Assessment

Iowa State University Extension partnered with the Iowa Department of Education to help schools assess the health of their school environment. Schools can log in to the web site to complete a survey that will evaluate the nutrition and physical activity practices, policies, and procedures for individual buildings in each school district. Data compiled from this research will be available for schools developing and revising their wellness policy.

<http://survey.hs.iastate.edu/schoolnutrition/homepage.htm>



WellSAT: Wellness School Assessment Tool

WellSAT was designed to assist schools in assessing the quality of their existing wellness policies. This tool will be especially useful for district-level administrators, wellness policy advisory board members, and researchers.

<http://wellsat.org/>



CDC School Health Index (SHI): Self-Assessment and Planning Guide

The U.S. Centers for Disease Control and Prevention offers the School Health Index as a tool to help schools identify strengths and weaknesses of their health and safety policies, facilitates the development of an action plan to improve the school health environment, and encourages schools to engage all major stakeholders (parents, staff, students, and the community) in promoting healthy habits.

<https://apps.nccd.cdc.gov/shi/Default.aspx>



Additional Resources

HealthierUS School Challenge

The HealthierUS School Challenge recognizes schools who are improving the nutritional quality of foods and opportunities for physical activity for their students. Schools have the opportunity to become certified and receive monetary incentives after meeting specified requirements relating to nutrition and physical activity.

<http://www.fns.usda.gov/tn/healthierus/>



Alliance for a Healthier Generation

The mission of the Alliance for a Healthier Generation is to reduce the prevalence of childhood obesity by 2015 and to empower youth across the country to make healthy lifestyle choices. It offers several programs to encourage healthy habits and leadership in wellness, including the Healthy Schools Program and empowerME.

<http://www.healthiergeneration.org/>



American Dietetic Association

The American Dietetic Association (ADA) is the largest organization of food and nutrition professionals in the entire world. Their web site offers nutrition information, resources, and access to Registered Dietitians.

www.eatright.org



Students Taking Charge

Students Taking Charge offers a facilitator's guide for youth and adult leaders as well as an interactive web site which serves as the online home of a national movement of youth advocates for healthier schools.

www.studentstakingcharge.org



Iowa Department of Education

For up-to-date information about state nutrition guidelines and training opportunities, visit the Iowa Department of Education web site and click on "Nutrition Programs."

<http://www.iowa.gov/educate/>



Michigan Team Nutrition Book List

The Michigan Team Nutrition booklist provides summaries of over 300 books that address food, healthy eating, and physical activity for children in pre-school through third grade. The user is able to search books based on the theme (i.e. breakfast, movement, math, etc).

http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf

