

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*.

- District has current wellness policy. Date it was last updated: _____
 - Includes goals for nutrition promotion.
 - Includes goals for nutrition education.
 - Includes goals for physical activity.
 - Includes goals for other school-based activities.
 - 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 for food and beverage marketing.

- 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: _____

- District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy:
 - Parents
 - Teachers of Physical Education
 - School Administrators
 - Students
 - School Health Professionals
 - General Public
 - School Food Service
 - School Board Members

Documentation: current committee member list, meetings announcements, committee invitations, etc.

- 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. Resource: [School Wellness Building Progress Report](#)
 - 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.

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

Iowa Dept. of Education's Bureau of Nutrition & Health Services reviews school wellness policies during Administrative Reviews.

You can find more information on School Wellness Policies here:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>

or contact schoolmeals@iowa.gov

