Update on School Wellness Regulations

TUESDAY – JANUARY 17 9:30-10:30AM

National School Board Association

Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially.

Final Rules of the Local Wellness Policy

• Part of the 2010 Healthy Hungry Free Kids Act
• July 29, 2016 – Finalized Regulations
  ◦ Puts more emphasis on policy implementation, periodic review, and updates
  ◦ Begin developing and revising policies during the 2016-17 school year
  ◦ Fully comply by June 30, 2017

Comparison of 2004 vs. 2010

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<th>2004 Requirements</th>
<th>2010 Requirements</th>
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Goals

• Nutrition Promotion and Education
• Physical Activity
• Other School-Based Wellness Activities
Nutrition Standards

- For all foods and beverages SOLD:
  - School meal nutrition standards
  - Smart Snacks in School nutrition standards
- For all foods and beverages PROVIDED:
  - Classroom parties
  - Classroom snacks
  - Foods given as incentives or rewards

Smart Snacks

- All foods and beverages sold
- During the school day (before, during and 30 minutes after)
- Entire school campus
- Does not have to apply to classroom parties
- Does not apply to weekend, evening, or community events

Food & Beverage Marketing

- Do not allow the marketing or advertising for foods and beverages that do not meet the standards during the school hours:
  - Vending machines
  - Posters
  - Menu boards
  - Coolers
  - Trashcans
  - Cups for dispensing beverages
  - Scoreboards
- LEAS are not required to immediately replace equipment

Who is Involved?

- Establish wellness policy leadership
- Permit participation
  - Parents, students, school nutrition, physical education teachers, school health professionals, school board, and school administrators

Triennial Assessments

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy

Public Updates

- The extent to which schools are in compliance and the district policy
- The progress made in attaining the goals of the local wellness policy
- Any updates to the policy

Electronic posting and distribution is allowable
Evaluating Compliance

- Annual school meals application - #46
  - When the wellness policy was last reviewed
  - Wellness policy contact

Documentation

- A copy of the current policy
- Documentation demonstrating the policy and assessments have been made available to the public
- Documentation of the district’s efforts to review and update the Local School Wellness Policy
  - Including who is involved
  - Made stakeholders aware of their ability to participate
  - A copy of the district’s most recent assessment

Wellness Section

- Determine if the policy includes:
  - Goals for nutrition education, physical activity, nutrition promotion, and other school-based activities that promote student wellness
  - Nutrition guidelines for all foods available on the school campus (sold or provided)
  - Food and beverage marketing that meets Smart Snacks
  - A plan for measuring implementation
  - Designation of one or more officials in charge of school compliance oversight

Administrative Review

- Verification
- Income Application
- Meal Access and Reimbursement
- Meal Pattern and Nutrition Quality
- Civil Rights
- Procurement
- Water Availability
- Food Safety
- Professional Standards
- Local Wellness Policy
- Competitive Foods
- Outreach
1002. When and how does the review and update of the School Wellness Policy Occur?

1003. Who is involved in reviewing and updating the Local School Wellness Policy?

1004. How are potential stakeholders made aware of their ability to participate?

1005. Obtain a copy of the most recent assessment on the implementation of the Local School Wellness Policy.

1006. How does the public know about the results of the most recent assessment?
Common Non-Compliance

- Lack of various stakeholders on wellness committee
- Lack of documentation to show who was invited and/or attended committee meetings
- Wellness Committee does not assess implementation at each building
- LWP has not been reviewed or updated
- LWP and its updates have not been made available to the public
- LWP is a template that has not been individualized to the district
- Lack of leadership overseeing compliance of the LWP

Sample Wellness Policy

- Developed in partnership with Iowa Association of School Boards to meet the minimum requirements
- LEAS are required to have at least one wellness goal in each of the following areas:
  - Nutrition promotion and education
  - Physical activity
  - Other school-based activities that promote student wellness.
- Select goals to include from the options provided or identify a district specific goal
- REMEMBER! the sample policy and regulation cannot be adopted in the current format
- School boards and administration must make a choice for all text in italics.
Model Wellness Policy

- Meets the minimum school wellness policy regulations
- The Alliance for a Healthier Generation Healthy Schools Program
- Bronze-level award criteria
- Minimum best practice standards accepted in the education and public health fields
- Includes optional policy language LEAs can use to establish a stronger policy
- School districts should choose policy language that meets their current needs and also supports growth over time

Highlight Success!

- New Meal Pattern
- Menu Marketing
- Entrée Choices
- Smart Snacks
- Vending
- Fundraising
- Water Availability
- Fruit and Vegetable Bar
- Grab and Go Breakfast
- Breakfast after the Bell
- 2nd Chance Breakfast
- Lunches from Home
- Student Handbook

Team Nutrition School

- Shows commitment to helping students making healthier food choices and be more physically active
- Receive special nutrition education promotions and first to hear about new resources
- Have the opportunity for your activities to be highlighted
- Requirement of the HealthierUS School Challenge: Smarter Lunchrooms award
- Enroll or update on-line!

Why Have a School Wellness Committee?

- Schools can’t do it alone
- Research endorses community connections
- Changing systems require infrastructure to support change

Resources for Schools
Team Nutrition Elementary Resources

MyPlate Super Tracker for MS/HS
- Create and manage a group of SuperTracker users
- Educators can:
  - Create a group
  - Invite others to join via email or with a group-specific access code
  - Run roll-up reports of group member dietary and physical activity data

Find more information and a video tutorial on the SuperTracker Groups page (https://supertracker.usda.gov/AboutGroups)

School Wellness Webpage
- Sample Wellness Policy
- Iowa Association of School Board NEW!
- Model Wellness Policy
- Alliance for a Healthier Generation
- Does Your Wellness Policy Measure Up?
- WellSat Assessment Tool
- School Building Progress Report
- Administrative Review Questions

Team Nutrition Wellness Policy Took-Kit
- Customizable templates
- Letter to principal
- Parent flyer (English and Spanish)
- Presentations for staff and parents
- Newsletter article and social media posts
**HealthierUS School Challenge: Smarter Lunchroom**

- Voluntary national recognition award
- Excellence in nutrition and physical activity
- Reinforces Dietary Guidelines for Americans
- Includes Smarter Lunchroom techniques!

**Smarter Lunchrooms**

- No to low-cost strategies proven effective at creating an environment that encourages kids to make healthy choices
  - Promotion of fruit and vegetables
  - Make white milk the easy choice
  - Grab n’ go reimbursable meals
  - Environment
  - Positive communication between staff and students

**School Wellness Bulletin Boards and Signage**

- Promotion of fruit and vegetables
- Make white milk the easy choice
- Grab n’ go reimbursable meals
- Environment
- Positive communication between staff and students

**Stay Connected!**

Facebook: [healthyschoolsIA/](http://healthyschoolsIA/)
Twitter: [@IAhealtyschool](http://twitter.com/IAhealtyschool)
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Don’t Spread Germs this Winter
Do the DAB!
Destroy – All – Bacteria
When You Sneeze!