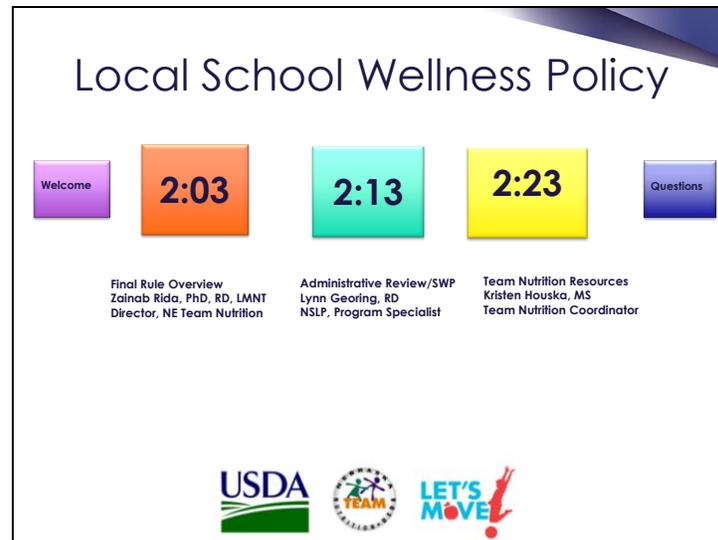




Welcome to our live webinar on “Local School Wellness Policy”. My name is Zainab Rida, Director of Nebraska Team Nutrition Services program of the Nebraska Department of Education. I am very happy and pleased to be here to present this webinar on the final rules of the USDA Local Wellness Policy which is part of the “2010 Healthy Hungry Kids Act”. I would like to inform you that Team Nutrition is providing these series of webinars to help you get started with your School Wellness Policy. We will present related topics every Wednesday at 2:00 P.M. until the second week of November. We will try to cover each element of the “Local Wellness Policy”, share the final requirements, resources and examples of policy language of each element.

On July 29th of this year the USDA Food and Nutrition Services finalized regulations to create a framework and devise guidelines for written wellness policies established by local educational agencies.

The final rule requires all the LEA’s to begin developing and revising local wellness policies during the school year 2016-2017. LEA’s must fully comply with the final rule by June 30, 2017.



- I am very pleased to be joined today by Lynn Goering, National School Lunch Specialist, Kristen Hooska, Extension Educator.
- We have an exciting agenda plan for you today that will allow you to get a running start on revising your School wellness policy before June 30th 2017 deadline.
- Lynn will go through the administrative review and the expectation of State agencies from the schools regarding SWP.
- Kristen will provide you with free and evidence based and practice based resources that help you meet SWP requirement.

Nutrition and Physical Activity's  
Relationship to Academic  
Performance

**“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.”**

-National Association of State Board of Education



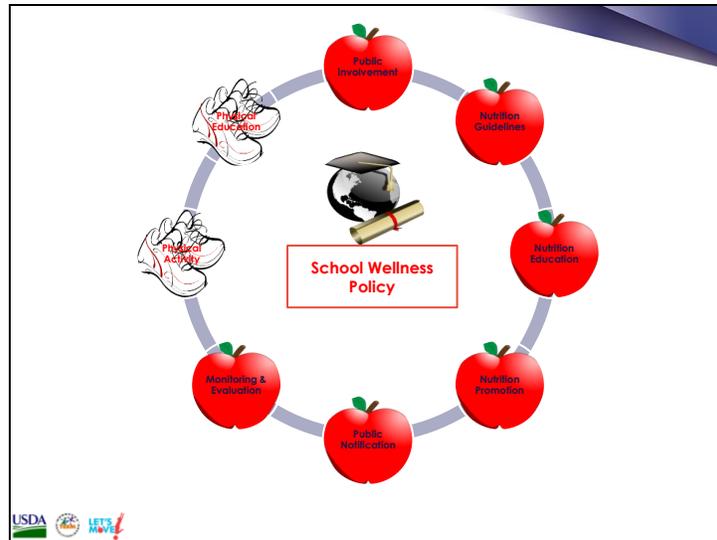
- A wide variety of research has demonstrated the positive correlation between health and learning, and those two things are mutually reinforcing.
- There's little disagreement that, whether we're talking about improved nutrition or increased physical activity, students with health promoting behaviors perform better academically than those with poor health behaviors. Simply put, healthy students are better students. Though schools have always played a role in keeping students nourished and physically active.
- Because of continual research and study, we are learning more and more about the opportunities possible to create a culture of wellness within our schools as well as the persistent hurdles and inequities that prevent it. For instance, we're learning more about the human brain and its connection to school wellness. Specifically, we're discovering the measurable neurophysiological role that nutrition and physical activity may play in improving academic achievement for all — not just some — children.

## Background

- By SY 2010-2011, 99% of students in public schools were enrolled in a district that had a wellness policy in place.
- Variability exists in the strength and policy enforcement of local school wellness policies.
- The HHFKA strengthens the requirements for the local school wellness policies and puts more emphasis on policy implementation, periodic review, and updates.



- We are not excepting all the local educational agencies to start from scratch; however, our records indicate that In 2010-11 99% of students that are enrolled in public school districts that have SWP in place. Studies show that Not all the children are benefiting from these documents since there is no enforcement. It didn't matter whether the SWP is strong or not because there is no implementation, evaluation and review and update
- With the release of the Healthy Hunger-Free Kids Act (HHFKA) of 2010, there are new USDA regulations for local school Wellness policies. These regulations expand on the requirements set in 2004, which primarily mandated that schools simply DEVELOP a wellness policy. The act strengthens the requirements for the local school wellness policies and puts more emphasis on policy implementation, periodic review, and updates.



As you all know schools play critical role in promoting student’s health preventing obesity and combating problems associated with poor nutrition and in physical activity. Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

The new regulations require districts to include the following elements and making sure schools implement the local policy, monitor and evaluate the policies, and periodically update the community on the status of the policy.

Public Notification

Nutrition guidelines

Nutrition Education

Nutrition Promotion

Public Notifications

Monitoring and evaluation

Physical Education and Physical activity

As I have mentioned earlier, NE TN will provide more in-depth information about each elements as well as sample of policy language and resources. I would really encourage you to join us every Wednesday at 2:00 to get more information about each element.

**Comparison Chart of the 2004 and 2010 Requirements for Local School Wellness Policies (LWP)**

	<b>2004 Requirements</b> Child Nutrition WIC Reauthorization Act	<b>2010 Requirements</b> Healthy, Hunger-Free Kids Act
<b>Overview</b>	Directs local educational agencies (LEAs) to have a LWP in place for each school under its jurisdiction.	Strengthens LWPs and adds requirements for public participation, transparency, and implementation.
<b>Elements of the Local School Wellness Policy</b>	LWP to include, at a minimum, goals for nutrition education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to the 2004 requirements, the LWP is also to include goals for nutrition promotion.
<b>Stakeholder Involvement</b>	LEAs are required to involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of LWP.	In addition to the 2004 requirements, LEAs are now required to permit teachers of physical education and school health professionals to participate in the development of LWP.
<b>Stakeholder Participation</b>	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of LWP.
<b>Local Discretion</b>	LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004 requirement.



This a comparison chart compare between 2004 and 2010 SWP requirements. The HHFA2010 add a new section which expand the scope of SWP by brining additional stakeholders to help in development, implementation and review LSWP and required public update on the content of implementation of SWP.

USDA agrees that schools play a powerful role in preparing students for a successful future, and believes that the guidance outlined in this final rule will further support efforts to create a school environment that teaches, supports and encourages students to develop lifelong healthy habits. NDE/TN recognizes that the first few years of implementation may be a period of transition as strengthening local school wellness policies may involve significant changes for some LEAs. During this transition period, NE TN is willing to focus on providing guidance and technical assistance to help LEAs move toward compliance. We would like to work closely with LEAs experiencing challenges to help them resolve unique issues. In order to assist LEAs in implementing these requirements, TN will continue to provide support to Schools. This will include identifying best practices and success stories and sharing other technical assistance materials that will assist LEAs in developing, updating, and assessing their policies. Let's take a look at each element and compare the differences between 2004 and 2010.



	2004 Requirements Child Nutrition WIC Reauthorization Act	2010 Requirements Healthy, Hunger-Free Kids Act
<b>Public Notification</b>	None.	LEAs are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP.
<b>Measuring Implementation</b>	LEAs are required to establish a plan for measuring implementation of the LWP.	LEAs are required to periodically measure and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and a description of the progress made in attaining goals of LWP.
<b>Local Designation</b>	LEAs are required to establish a plan for measuring LWP implementation to include delegating one or more persons with the responsibility for ensuring LWP compliance.	LEAs are required to designate one or more LEA officials or school officials to ensure that each school complies with the LWP.

- Public notification was not required in 2004 of WIC reauthorization; however, 2010 of HHFKA is required to inform and update the public including parent, students, and others in the community about the content and implementation of the LSWP.
- Measuring implementation in 2004 was only required to establish a plan whereas in 2010 LEAs are required to periodically measure and make available to the public an assessment on the implementation of LWP, including the extends to which schools are in compliance with LWP, the extend to which the LWP compares to model LWP, and a description of the progress make in attaining goals of LWP.
- And finally, local designation are required to ensure that each school complies with the LWP. LEAs need to designate one or more officials to measure the implementation of LWP.
- Now I am going to turn it over to Lynn to discuss how NDE monitors SWP

Slide 8

**SA Evaluating Compliance**

1. Annual Sponsor Application

**Wellness Policy**

43. When was your Wellness Policy adopted/amended? (mm/dd/yyyy):

44. The SFA certifies that the adopted wellness policy was developed with the input of representatives of the school food authority, the school board, school administrator, and the community. If not adopted, explain:

1. Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness. ← Goals

2. Include nutrition guidelines for all foods available on each school/site campus during the school day. ← Nutrition guidelines

3. Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Section 204 of Public Law 108-265. ← Follow meal pattern

4. Include a plan for measuring implementation. ← Measure

**Wellness Contact**

Identify the name of the individual charged with operational responsibility for ensuring that the school meets the local wellness policy.

45. Name:  ← Measure

46. Email Address:

47. Phone:

Thank you Zainab. My name is Lynn Goering and I am one of the 7 program specialists who work with the National School Lunch program. I'll be sharing a brief overview of how the Nebraska Department of Education monitors school wellness policies.

And then I will turn it over to Kristen who will talk about the many resources available to schools through Team Nutrition

During my presentation, for the sake of simplicity I'll refer to Department of Education Nutrition Services as simply the State Agency, state staff or use the initials SA on the slides.

How does the SA assess or evaluate compliance?

The first way is through the Annual sponsor application.

Question #43 asks for the date the wellness policy was adopted or amended, please make sure that this date matches the most recent update of your policy.

And Question #44 captures or confirms information about 4 basic elements or requirements for wellness policies:

- Does the policy include goals
- Does the policy include nutrition guidelines for ALL foods
- Does the policy ensure that meals will comply with the new meal pattern of the Healthy Hunger Free Kids Act
- And last, does the policy have a plan to measure and evaluate results?

All 4 of these items will be discussed in the webinars that are scheduled in the next few weeks

## SA Evaluating Compliance

2. Administrative Review

- Every 3 years
- Provide a copy
- Minimum required elements
- 6 review questions



The 2<sup>nd</sup> way the SA assesses or evaluates compliance is through the Administrative Review process, which operates on a 3 year cycle.

The Admin Review is a comprehensive evaluation of the school meals program, and covers a variety of modules or areas.

One of these is wellness. First the district will provide a copy of the current School Wellness Policy. And the state will review it to determine whether the policy includes:

- Goals for nutrition education, physical activity, nutrition promotion, and other activities to promote wellness.
- Nutrition guidelines for all foods available on the school campus
- A plan for measuring implementation
- Designation of one or more officials in charge of school compliance oversight

As I mentioned on the previous slide, upcoming webinars will provide more indepth discussion and information on these areas there are 6 additional review questions in the wellness module, which we will go through now.

1

How does the public know about the School Wellness Policy?

- Public awareness
- Examples: link to website, back-to-school-packet



Question 1

How does the public know about the Wellness Policy?

The Policy must be made available to the public.

State staff will ask the district to describe how the Policy is made available. For example, the Policy could be on the public section of the school's website or distributed with other information in the back to school packet).

2

When and how does the review and update of the School Wellness Policy occur?

- Provide documentation



When and how does the review and update of the Wellness Policy occur?  
The School Wellness Policy must be reviewed and updated on a periodic basis.

The SA will ask for documentation demonstrating how this requirement is met.

For example, if the Policy was updated at an annual meeting, meeting minutes would be the appropriate documentation

## Update Your Policy

- New meal pattern
- Menu Marketing
- Entrée choices
- Offer versus serve
- Smart snacks
- Vending
- Fundraising



A common observation when conducting an administrative review is that the wellness policy does not reflect actual wellness practices and advancements that are occurring within the school.

For example Healthy Hunger Free Kids act regulation changes and other best practices have been implemented by schools, but language has not been added to the school policy to reflect those changes

Compliance with the New meal pattern belongs in the wellness policy – and models a diet rich in fruits vegetable and whole grains

Menu Marketing your food service– does your policy clearly describe and highlight all the healthy, attractive choices?

Entrée choices – many schools offer a nice selection of alternates, which brings more students into the lunch program, eating well balanced meals

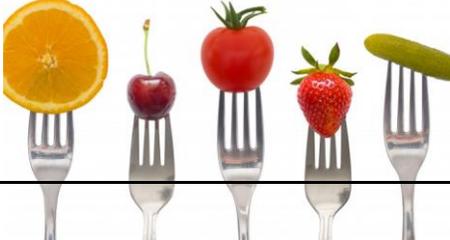
Most schools have implemented offer versus serve which is a practice that supports positive, no pressure meal time, and allows students to make choices from the offered menu. No longer are students forced to take one bite, or eat foods they don't care for

Alacarte or Smart snacks or items for sale during the school day, comply with calorie, fat and sugar standards vending machines have been revamped.

And Many schools have re-evaluated Fundraising activities, and now either sell healthier options or have switched to non-food items to raise money

## Update Your Policy

- Fruit and Vegetable bar
- Grab and Go breakfast
- Breakfast after the bell
- 2<sup>nd</sup> chance breakfast
- School offers sack lunch for field trips



The addition of Lovely, self serve choices from Fruit and Vegetable bars fits perfectly with wellness, and should be added to your policy.

Many schools have other practices in place that recognize the different nutritional and feeding needs of students with regard to breakfast Including Grab and Go breakfast AND breakfast after the bell

The use of 2nd chance breakfast Recognizes that MS And HS age kids get hungry later, but still need breakfast

Schools that offer sack lunches for field trips – are providing a benefit to the parent as well as the student, ensuring a convenient, fresh, healthy lunch-- even on the day of a field trip

## Update Your Policy

- Recess before lunch
- Nutrition Education posters
- No soda in sack lunches
- No “fast” food brought in
- Student handbook



Other examples of policy items already in place or items that your school might want to implement:

Recess before lunch which is backed up by research as being successful to increase intake and decrease plate waste

displaying attractive and educational posters in the cafeteria and school halls will to spark student interest in nutrition and physical activity

If other practices are in place such as –

No soda is allowed in sack lunches, OR No “fast” food brought in, or allowed in the cafeteria

Put these in writing

And Utilize the Student handbook to distribute and highlight school practices

3

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

- Administration
- School Board
- General Public
- Students
- Parents
- Teachers
- School Personnel



**Who** is involved in reviewing and updating the School Wellness Policy?

Parents, students, PE teachers, school health professionals, food service and other school personnel, school administrators, the school board, representatives of the SFA, and the general public must all be permitted to contribute to the development, implementation, review, and update of the Local School Wellness Policy.

4

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

- Provide documentation

A blue circular icon with a white envelope symbol and the word "Email" written below it.

HOW are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the School Wellness Policy?

How are new committee members made aware of the opportunity and recruited?

You will be asked to show documentation

For example, your school might send out a district-wide email or post flyers in various locations to notify potential stakeholders about the opportunity.

The NDE website has a number of resources, including sample wording for outreach. Zainab and Kristen cover this area in the upcoming webinars.

5

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

An illustration showing a group of approximately 15 colorful, stylized human figures sitting around a circular table. The word "Evaluation" is written in a golden, serif font in the center of the table. The figures are in various colors including purple, blue, green, yellow, orange, and red. The scene is set against a white background with a blue shadow in the top right corner.

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

During a review state staff will ask for a copy of the most recent assessment.

NDE Team Nutrition has developed an assessment tool which will be covered in this webinar series

6

How does the **public** know about the results of the most recent assessment?

- Provide description/documentation



How does the public know about the results of the most recent assessment of the implementation of the School Wellness Policy?

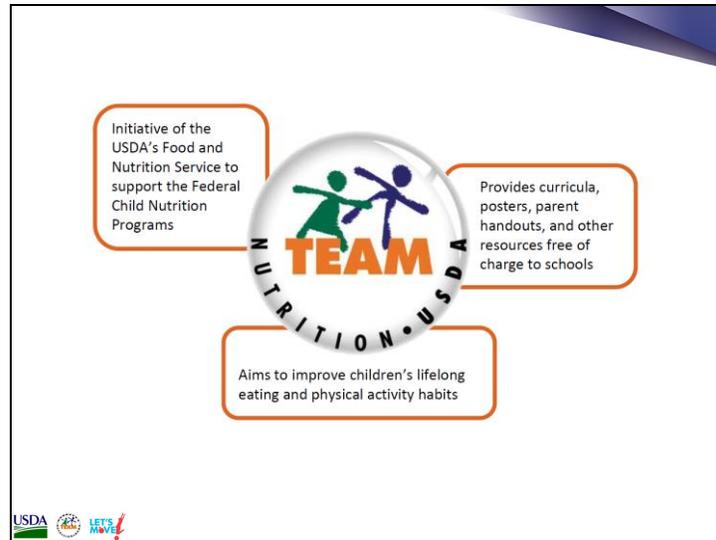
The assessment must be made available to the public.

How this is done is up to the school to decide.

NDE Team Nutrition also has templates and other resources to help schools accomplish this requirement.

At the time of your review, provide a description or documentation to show how results are shared.

That wraps up the information on wellness and the administrative review, and I'll turn it over to Kristen.



Hello Everyone – My name is Kristen Houska and I am the new Team Nutrition Coordinator through Nebraska Extension. I will be detailing some of the resources you can access through Team Nutrition and the Department of Education to help you with your wellness policy.

### Become a Team Nutrition School!

- Show your commitment to helping students make healthier food choices and be more physically active.
- Collaborate with other Team Nutrition Schools.
- Receive special nutrition education and promotion materials.



The slide features several logos. At the top right is a blue and white graphic. Below the title are three bullet points. To the right of the first bullet point is a circular logo with two children and the text 'LET'S EAT & MOVE MORE!'. To the right of the second bullet point is a circular logo with two children and the text 'LUNCH & MOVE DAY with BREAKFAST!'. At the bottom left is a banner logo with a school bus and the text 'Become a Team Nutrition School'. At the bottom right is a logo with the text 'TEAM NUTRITION SCHOOLS' and a graphic of a person running.

Become a Team Nutrition School! This allows you to receive newsletters on health related topics that you can copy and paste into your school's newsletter or email blast.

## Become a Team Nutrition School (continued)

- Apply for a [HealthierUS School Challenge: Smarter Lunchrooms](#) award.
- Promote the great work your school is doing nationally.



Also, as a Team Nutrition school you are able to apply for national wellness awards such as Health US School Challenge. Your school can be awarded (\$500.00 – Bronze), (\$1,000. – Silver, \$1,500.) – (Gold and \$2,000.) – (Gold with distinction through HUSSC). Show everyone the wonderful things your school is doing by promoting your wellness efforts with Team Nutrition.

## Join the Team!

Signing up to be a Team Nutrition School is free and easy using the online form.





<http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>

The image shows a screenshot of the USDA Team Nutrition website. The main heading is 'Join the Team!'. Below it, a text box states 'Signing up to be a Team Nutrition School is free and easy using the online form.' To the right, a blue arrow points to a 'Join the Team: Become a Team Nutrition School' link in the website's navigation menu. Below the arrow is the 'Team Nutrition' logo, which features a stylized figure holding a globe and the text 'TEAM NUTRITION SCHOOLS'. At the bottom of the slide, a dark blue box contains the URL: <http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>.

Signing up to be a Team Nutrition School is very easy. Just click on the ‘Become a TN School’ link, enter the information needed and submit. All you will need is to add your school name, address and total enrollment.

## Find a Team Nutrition School!

Search using a variety of terms



<http://www.fns.usda.gov/tn/join-team-become-team-nutrition-school>

You can also search to see if you are already a Team Nutrition School by using this database. If you are a partner working with a school you can check to see who their point person is for their wellness efforts, or to see if they have signed up to be a Team Nutrition school you can do so by entering in their information here.

**School Nutrition Environment and Wellness Resources**

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in federal Child Nutrition programs to establish and implement, for all schools under its jurisdiction, local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

This Web site is dedicated to helping local educational agencies find the resources they need to meet recommendations in these areas. View the 'school nutrition environment and wellness resources' site map here.

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**Local School Wellness Policy Process**  
Follow these steps to put your local school wellness policy into action to impact students' health and lifelong choices.

---

**Wellness Policy Elements**  
Looking for resources to help implement some of the wellness policy elements? You'll find some right here.

---

**Success Stories/Best Practices**  
Looking for samples or more ideas? Check out these examples and stories to boost your wellness efforts.

---

**Grants / Funding Opportunities**  
Find information on specific grants related to child nutrition and physical activity as well as resources to locate grants and information on the grant writing process.

---

**Trainings**  
Find trainings that will assist you in developing, implementing, and monitoring your school's wellness policies.

USDA LET'S MOVE!

The Team Nutrition website is a great resource for School Wellness Policy. You do not need to start from scratch on any of your wellness efforts. Team Nutrition has example wellness policies for you to access along with Best Practices regarding wellness policy elements.

The screenshot shows a webpage titled "Model Policies" with a navigation bar at the top: "Local Wellness Policy Resources > School Nutrition Environment and Wellness Resources > Local School Wellness Policy Process". Below the navigation bar is a section titled "Model and Sample Policy Language".

The main content area contains several resource cards, each with a small icon and a title:

- UCDunn Rudd Center Model District School Wellness Policy (PDF | 83.09 KB) #**  
UCDunn Rudd Center for Food Policy and Obesity.  
Sample Model Wellness Policy language from which other school districts can get ideas and tailor to their own district.
- State School Health Policy Matrix (2014) (PDF | 1.43 MB) #**  
National Association of State Boards of Education.  
The State School Health Policy Matrix outlines relevant state level policies, and links directly to the policy, in the areas of: competitive foods and beverages, physical education and physical activity, and administration of medication in the school environment. It also indicates which policies were adopted by the agency or agency adopted the policy or issued guidance, responses to common questions, who has historically had the authority to make policy changes in the areas of: competitive foods and beverages, physical education and physical activity, and administration of medication in such states?
- Policy Continuum for Comprehensive School Physical Activity Programs (February 2012) (PDF | 377 KB) #**  
American Alliance for Health, Physical Education, Recreation and Dance.  
This resource can be used when creating wellness policies and goals on physical activity in school. The continuum shows policies from basic to very strong, and includes options for monitoring accountability.
- Model Local School Wellness Policy (DOC | 164 KB) #**  
Alliance for a Healthier Generation.  
This Model Local School Wellness Policy has been thoroughly reviewed by the USDA, Food and Nutrition Service and is in compliance with the regulatory requirements for local school wellness policies, as per the proposed regulation "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This model wellness policy can be used by local educational agencies to help create their local school wellness policy and meet the minimum Federal standards for local school wellness policy implementation.
- Kansas School Wellness Policy Model Guidelines (September 2014) #**  
Kansas State Department of Education.  
This guideline can serve as the foundation for establishing a local wellness policy by selecting which policy statements to include in the local wellness policy.
- Model Wellness Policy (September 2012) #**  
South Dakota Board of Education.  
Local agencies may choose to use the following model policies as written or revise them to meet local needs and reflect community priorities.

At the bottom of the page, there is a blue bar with the URL: <https://healthymeals.nal.usda.gov/school-wellness-resources-2>

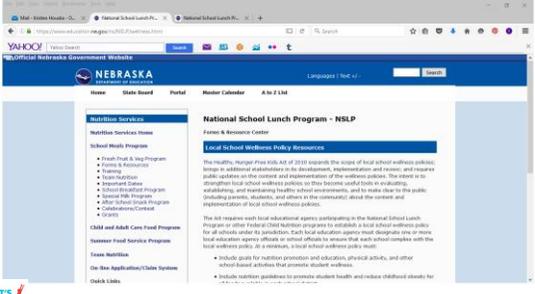
In the bottom left corner, there are logos for USDA and "LET'S MOVE!"

The Team Nutrition website has a whole page of model policies for schools and partners to access. You can compare your current wellness policy with the approved model policies on the website.



## Nebraska Department of Education

- School Wellness Policy Resources
- <https://www.education.ne.gov/ns/TN/index.html>



The screenshot shows a web browser displaying the Nebraska Department of Education website. The page title is "National School Lunch Program - NSLP". The main content area is titled "Local School Wellness Policy Resources" and contains text about the Healthy Hunger-Free Kids Act of 2010 and the role of local school wellness policies. A sidebar on the left lists various services and programs, including "School Health Program", "Child and Adult Care Food Program", and "Taxe Benefits". The bottom of the page features logos for USDA, Let's Move!, and the Nebraska Department of Education.

Another good place for School Wellness Policy resources is the Nebraska Department of Education website. During each School Wellness Policy webinar we will address resources further for each element. Thank you.



When we communicate about the School Wellness Policy do we need to include the non-discrimination statement?

Answer: As long as it is posted on your website somewhere or if your wellness policy is located on your website you may use the short version.

Can you share the URL for the model policy?

Answer: <http://healthymeals.nal.usda.gov/school-wellness-resources-2>

We have worked with Alliance for a Healthier Generation Policy can we use this model policy to develop our school wellness policy?

Answer: Yes, Alliance for a Healthier Generation has developed a model policy available it is acceptable for school use, it located on the NDE website as well as the USDA website.

Where is the shortened version of the non discriminatory statement.

Answer: If you go to the NDE website Nutrition Services on the left side you will click on "Forms and Resources" where you will find a menu of topics: click on "Civil Rights" and it is located in that section.

Is there a simple way to communicate the new healthy smart snack?

Answer: Yes, the USDA has developed a new brochure. It is available on the USDA website or you can contact Nutrition Services and they can order these for you at no cost.