

School Wellness Legislation

Genesee Valley Health Partnership



Public Law 108-265

On June 30, 2004, the President signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 shall establish a local school wellness policy by School Year 2006.

School Policy Must Set...

Goals for *nutrition education, physical activity, and other school-based activities* that are designed to promote student wellness in a manner that the local educational agency determines is appropriate.

Resources are available in each of these areas.

Wellness Policies...

1. Include nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity
2. Resource: **Changing the Scene - Improving the School Nutrition Environment**

Wellness Policies...

Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture

This requirement implies that districts must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

Wellness Policies...

1. Establish a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy
2. Resource: *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*

Wellness Policies

Involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

Members of effective policy teams offer a combination of qualities. Often they:

- Demonstrate interest in improving school nutrition and physical activity in schools;
- Are effective communicators and team players;
- Possess some understanding of the district's procedural requirements for policy, and
- Have policy-related experience in the district.

Steps To Developing A Wellness Policy

Step 1 – Initial Homework

Step 2 – Identify a Policy Development Team

Step 3 – Assess the District's Needs

Step 4 – Draft a Policy

Step 5 – Build Awareness and Support

Step 6 – Adopt the Policy

Step 7 – Implement the Policy

Step 8 – Maintain, Measure and Evaluate the Effort

Resources available each step of the way!

Funding Available

- **Funding a Local Wellness Policy**

Local wellness policies promote health and wellness in each school district. They allow schools to take an active role in promoting student wellness and preventing obesity. Local wellness policies can be created and implemented with any level of financial commitment.

- http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_funding.html