**Local School Wellness Policy Public Update Guide**

The [USDA Final Rule](https://www.fns.usda.gov/) requires that each local education agency (LEA) make their local school wellness policy (LWP) available to the public, including any annual updates. They must also provide information about the required triennial assessment including progress towards meeting the goals of the wellness policy. This document provides support for meeting the public update requirements of the final rule. Districts can utilize this resource to guide the development of a webpage to report and inform the public about the LWP and annual updates.

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**Location**

It is important to provide easy access to the LWP from the school district’s main webpage. Ideal locations are under school nutrition services, student wellness, or student services. Be sure to:

- Include clearly defined links to the LWP,
- Limit the number of clicks required to access the LWP, and
- Regularly check the links to ensure they are active.

**Content**

- **Overview**

  *Example:* The District is committed to the optimal physical and academic development of every student. For students to have the opportunity to achieve personal, academic, developmental, and social success, we must create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

- **Purpose**

  *Example:* The Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), requires each local education agency participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy. Through implementation of the local wellness policy, environments will be created to support students’ academic performance, and their overall health and wellness, thereby reducing their risk for childhood obesity and other chronic conditions.
✓ Name and Contact Information for the Wellness Policy Coordinator

- This is the person who has the authority and responsibility for ensuring that each school complies with the policy.
- Include:
  - The coordinator’s full name, title, and email address,
  - The coordinator's responsibilities, for example, ensuring that all schools comply with the LWP, and
  - Details about the process for ensuring that all schools are compliant, how data is collected, and how it is reported out.

✓ Names and Contact Information for the District Wellness Council Members

- The district wellness council should include parents, student, school nutrition services staff, physical education/health teachers, allied school health professionals such as nurses, social workers, and/or psychologists, school board members, school administrators, before/after school staff, and community stakeholders.
- Include:
  - The names of all council members including email addresses, and
  - A link to join the district wellness committee.

✓ Information about District Wellness Council Meetings

- Include:
  - Time(s),
  - Date(s),
  - Location(s),
  - Agenda topics, and
  - Meeting minutes.

✓ Latest Updates on the LWP

- Include:
  - A list of all the updates that have been made to the LWP (remember to update the webpage any time a change is made to the policy),
  - An explanation of why the updates were made,
  - A list of who was involved in the making the updates,
  - An explanation of how stakeholders were made aware of their ability to participate in the updates,
  - A list of the exact dates of the updates, and
  - The effective dates of any policy changes.
✓ Information on How to Provide Feedback and Comments

- Include:
  - Information about opportunities to suggest revisions, and
  - An open comment/question forum.

✓ Health and Wellness Resources

This section is not required by the USDA but can help to support implementation of the LWP. Some possible resources to include are:

- Smart Snacks nutrition standards for food and beverages,
- Healthy celebrations and fundraisers,
- School breakfast and lunch promotional materials, and
- Physical activity resources.

Additional LWP Resources from Healthier Generation

- Wellness Policy Communication Checklist
- Model Wellness Policy
- School Wellness Committee Toolkit

For more information on LWPs please contact our National Content Advisors.
District Website Examples:
Mesa Public Schools http://www.mpsaz.org/food/wellness1/

Wellness Policy

In this section, you will find tools and resources to help you - students, teachers and staff, parents and school organi
to comply with the Mesa Public Schools District Wellness Policy.

The MPS Wellness Policy Committee has adopted an improved Local Wellness Policy. The policy was
developed by the Wellness Policy Committee that
includes parents, community members, certified PE
teachers, school nurses, registered dietitians and
administrators.

Arizona Competitive Food Guidelines
The United States Department of Agriculture has published, science-based nutrition standards for
snack foods and beverages sold at schools to
students in grades K-12. These standards, required
by the Healthy Hunger-Free Kids Act of 2010, will
ensure schools to offer healthier snacks and
beverages to children.

Mesa Public Schools District Wellness Policy
requires that these same nutrition standards apply
to foods sold or served to students in grades K-8.

Key Areas of our Wellness Policy
Tips for Healthy Birthday Celebrations
Compliant Frozen Treats
List of Non-Food Rewards
Wellness Resources
Approved Costco List
Smart Snacks Price List
Healthy School Fundraising Ideas

Is your snack
a smart snack?
(Find out here!)

Click to comment or join a
Lincoln Public Schools: [https://home.lps.org/wellness/](https://home.lps.org/wellness/)

**Wellness at Lincoln Public Schools**

Lincoln Public Schools and their community partners have been working to make strides in keeping our kids moving in the direction of healthy. A need for coordination and facilitation of these efforts was apparent and thanks to grant funding received through Partnership for a Healthy Lincoln, the position of LPS District Wellness Facilitator became a reality in the 2011-12 school year. Now LPS has the opportunity to take best practices occurring within schools and spread these efforts district wide, building policies for sustaining a culture of wellness long-term.

**The Goals of LPS Wellness**

- Build sustainable and meaningful practices that will impact the health, fitness and obesity rates of Lincoln's youth
- Create a culture of wellness within the Lincoln Public School system that incorporates kids, families and LPS staff
- Develop meaningful policy changes that embed practices supporting a long-term focus of disease prevention and healthy living

- Play a New Way Challenge – Final Report

**Strategies of LPS Wellness**

**Staff Wellness Focus**

Focus on staff wellness opportunities will be critical to setting great examples for healthy living. Who spends more wakeful hours with school aged kids each day than the LPS staff?

**Family Wellness Focus**

From grocery purchases, to lifestyle choices, to setting ground rules for daily living, families are key players in choices that impact long-term health.

**Student Wellness Focus**

The power of choice only grows each year as students become increasingly independent. Knowledge is a powerful part of students learning to make good choices from lifestyles, to foods and activity. Incorporating good modeling for students and guiding them to solid information about the impact of their choices is a key strategy for helping to build healthy citizens beyond high school.

**Contact**

You can contact Michelle Welch, Lincoln Public Schools Wellness Coordinator, via email at mwelch@lps.org or by phone at 402-436-1728

**Wellness Wednesday**

Get Your Flu Shots!

**Subscribe**

Get Wellness Wednesday in your inbox each week! Subscribe below:

- Your Name
- Your Email Address

**Wellness Champions**

- School Wellness Investigation (SWI)
- Meeting Schedule and Timelines
- Ongoing Activity Success Update
- Wellness Policy 5505
- Wellness Champions Incentive Form
- Job Description - Wellness Champion
- Activity Success Updates.pdf
The Goals of LPS Wellness

- Build sustainable and meaningful practices that will impact the health, fitness and obesity rates of Lincoln’s youth
- Create a culture of wellness within the Lincoln Public School system that incorporates kids, families and LPS staff
- Develop meaningful policy changes that embed practices supporting a long-term focus of disease prevention and healthy living
- Incorporate current and new best practices in schools and share within the Lincoln community about these successes

Annual Wellness Board Report

- Board Report
- Wellness Report of Tracking Points – Expanded
- Power of Choice Nutritional Challenge – Final Report
- Play a New Way Challenge – Final Report

Contact
You can contact Michelle Welch, Lincoln Public Schools Wellness Coordinator, via email at mwelch@lps.org or by phone at 402-436-1728.

Wellness Wednesdays
- Get Your Flu Shots! August 23, 2019
- Turning the page May 15, 2019
- Broke and Bored No More: Freebies Galore for Summer May 15, 2019

Submit Your Results
- Individual 4th Quarter Challenge Results
- Group 4th Quarter Challenge Results

Nutrition Resources

49 Day Tracker
What is Body Mass Index (BMI)?
Best Practices for School Wellness.pdf
Party Party Party—Celebrating Wednesdays
Chocolate Friend or Foe 2012 Half Sheet.pdf
Behold, The Power of Choice!
Smart Sack Lunch Choices
Operation Beautiful
Pomegranate Power!
Nutrition Nibbles