

Local Wellness Policy

Update and Implementation

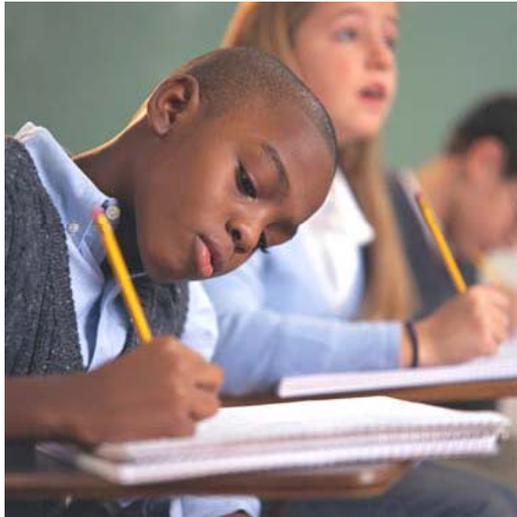
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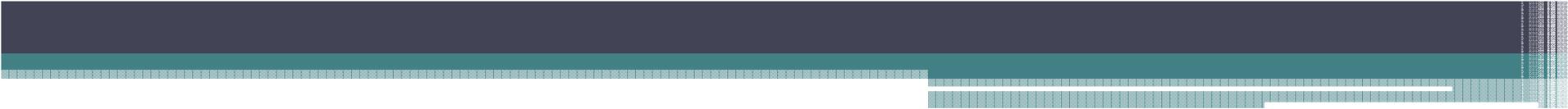
Local Wellness Policy Technical Assistance



www.fns.usda.gov

Nutrition Program Team Support

- Local Wellness Policy Development & Updates;
- Referral support on making improvements to existing wellness activities;
- HUSSC Menu Criteria Technical Assistance;
- Verifying that relevant activities meet the requirements of the Healthy School Act.



Healthy Schools Act of 2010 Regulation

Sec. 601(a): Local wellness policies

- **Each LEA shall collaborate with parents, students, food service providers, and community organizations to develop, adopt, and update a comprehensive local wellness policy.**
- **Local wellness policies shall be revised at least once every 3 years.**

Healthy Schools Act of 2010 Regulation

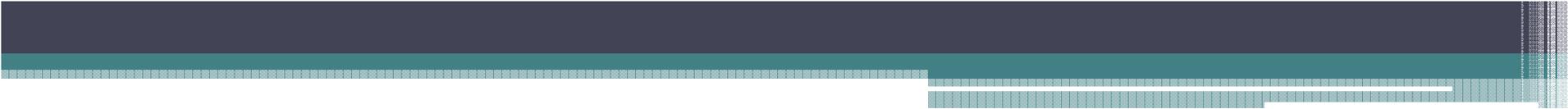
Sec. 601(b): Local wellness policies



betterdcschoolfood.blogspot.com

Policies shall include:

- Federal requirements
- Goals for:
 - Improving the environmental sustainability of schools;
 - Increasing the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices; and
 - Increasing physical activity.



Healthy Schools Act of 2010 Regulation

Sec. 601(c): Local wellness policies

- **Schools shall promote their local wellness policy.** A copy shall be:
 - Posted on each school's website,
 - Distributed to food service staff members,
 - Distributed to the school's parent/teacher organization, and
 - Made available in each school's office.

Healthy Schools Act of 2010 Regulation

Sec. 601(d): Local wellness policies

- **OSSE shall review each local wellness policy** to ensure that it complies with federal requirements and shall examine whether schools comply with their policies.



teamnutrition.usda.gov

DCPS Local Wellness Policy, May 2006

(Policy Language from May, 2006 DCPS Version)

- **Include goals for nutrition education, physical activity, and other school-based activities that promote student wellness**

(Federal requirement from May, 2006 DCPS LWP)

- **Establish nutrition guidelines for all foods available on campus during the school day**

(Federal requirement from May, 2006 DCPS LWP)

- **Include safeguards to ensure access to healthy foods and to fight hunger and nutrient deficiencies**

- **Provide assurance that those guidelines for reimbursable schools meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture**

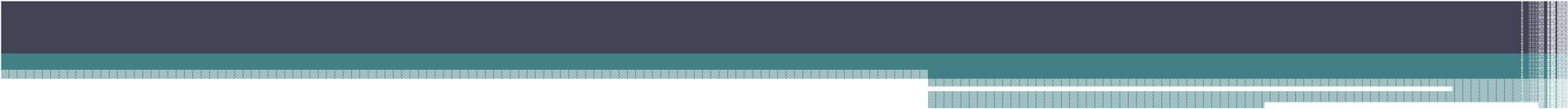
(Federal requirement from May, 2006 DCPS LWP)

DCPS Local Wellness Policy, May 2006

(Policy Language from May, 2006 DC Version)

- Promote student wellness by implementing Coordinated School Health Program components
- **Establish a plan for measuring the impact and implementation of the local wellness policy** *(Federal requirement from May, 2006 DCPS LWP)*
- **Involve parents, students, and representatives of the school food authority, school board, school administrators, and the public in development of the local wellness policy**
(Federal requirement from May, 2006 DCPS LWP)

Setting new goals



New Healthy School Act Local Wellness Policy Requirement
Sample Language

- **Establish a plan to use environmentally friendly cleaning supplies and non-disposable tableware in serving meals to students**
- **Adopt sustainable food practices to enhance environmental quality and economic viability of farm operations**
- **Increase the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices**
- **Establish a plan for engaging students in physical activity at least 60 minutes each day**

Healthy Schools Act of 2010-Regulation

Sec. 602: School Health Profiles

- On or before **February 15** of each year, each school shall submit information regarding each of its campuses':
 - Health programs
 - Nutrition programs
 - Physical and health education
 - Wellness policy
- On or before **February 15** of each year, each school shall post the information online and make the form available to parents in its office.

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education *(Policy Language from May, 2006 DCPS Version)*

- Health and Nutrition Education
 - All schools will provide nutrition education that:
 - Is offered at each grade level, K-8;
 - Is required as part of health education for the Carnegie Unit (1/2 semester) for senior high school students;
 - Is integrated into other content areas;
 - Includes enjoyable, participatory activities;

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education - Cont.

(Policy Language from May, 2006 DCPS Version)

- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products;
- Emphasizes caloric balance;
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers, parents, and community partners.

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education - Cont.

(Policy Language from May, 2006 DCPS Version)

- **Physical Activity**
 - Students shall be given opportunities for physical activity through a range of school programs.
 - The Board of Education will ensure that:
 - Recess time will be required daily, at least 20 minutes;
 - Teachers and others will not use physical activity or withhold opportunities for physical activity as punishment;
 - Health and physical education is required for K-8 students, 45 minutes, 2 days per week;
 - Physical education is required for 1½ semesters as part of the Carnegie Unit for senior high school students;

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education - Cont.

(Policy Language from May, 2006 DCPS Version)

- Physical education teachers shall develop and implement a curriculum that connects physical activity, nutrition, and health;
- Enhanced quality of physical education curricula and increased training of physical education teachers
- An appropriate alternative to physical education shall be provided for students with a physical disability;
- Physical education staff shall appropriately limit the amount or type of physical exercise required during inclement weather conditions; and
- Physical education is integrated into other content areas.

Updating physical and health education requirements

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Healthy Schools Act of 2010

Sec. 401: Physical and health education

- It shall be the goal for children to engage in **physical activity for 60 minutes each day.**
- Schools shall seek to maximize physical activity by means including:
 - Extending the school day
 - Encouraging students to walk or bike to school
 - Promoting active recess
 - Including physical activity in after-school activities
 - Supporting athletic programs
 - Integrating movement into classroom instruction.

Healthy Schools Act of 2010

Sec. 402(a): Physical education requirements

- **For students in Kindergarten through Grade 5,** an average of **at least 30 minutes per week** or at the same level as provided in SY 2009-2010, whichever is greater.
- **For students in Grades 6 through 8,** an average of **at least 45 minutes per week** or at the same level as provided in SY 2009-2010, whichever is greater.
- **At least 50% of physical education class time** shall be devoted to actual physical activity.

Healthy Schools Act of 2010

Sec. 402(b): Health education requirements

- **For students in Kindergarten through Grade 8,** an average of at least 15 minutes per week or at the same level as provided in SY 2009-2010 school year, whichever is greater.



teamnutrition.usda.gov

Section 2: Establishing Nutritional Guidelines for All Food Served and Sold on Campus During the School Day

(Policy Language from May, 2006 DCPS Version)

- **Free and Reduced-Price Meals**
- Breakfast
- Nutritional Quality of School Meals
- **In-School and After School Snacks**
- D.C. Free Summer Meals Program
- School Stores
- **Foods and Beverages Sold Individually in Vending Machines, Snacks, and Fundraisers**
- Foods and Beverages Sold in A La Carte Lines
- **Food Marketing in Schools**

Free and Reduced-Price Meals

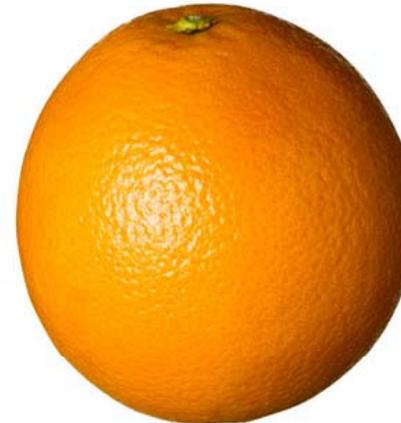
(Policy Language from May, 2006 DCPS Version)

- All qualified students will become eligible for free lunch.
- Maximum participation will be achieved by:
 - Developing a comprehensive outreach and promotion plan, and
 - Eliminating the stigma of accepting “free lunch.”
- Schools will provide students with at least 20 minutes to eat breakfast and 30-45 minutes to eat lunch.

In-School and After School Snacks

(Policy Language from May, 2006 DCPS Version)

- Snacks will be a positive contribution to diet and health:
 - Fruits and vegetables
 - Water
- Schools will assess if and when to offer snacks:
 - Timing of schools meals
 - Children's nutritional needs
 - Children's ages

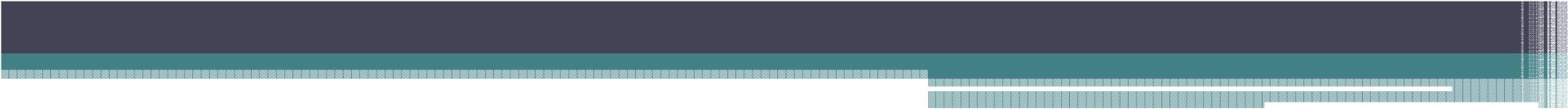


www.bonappetit.com

Healthy Snack Ideas

(Policy Language from May, 2006 DCPS Version)

- Include **at least two** of the following components:
 - 1 serving whole grain or enriched bread or cereal
 - $\frac{3}{4}$ cup fruit or vegetable or 100% juice
 - 1 ounce meat or meat alternate
 - 1 cup (8 fl oz) fluid milk
- **Healthy after-school snacks**
 - Tiny twist pretzels and low-fat or fat-free milk
 - String cheese and whole grain crackers
 - Granola bar and 100% fruit juice
 - Hard boiled egg and carrot sticks



Healthy Schools Act of 2010

Sec. 206(e): Healthy vending, fundraising,
and prizes in public schools

- **Schools shall not permit third parties to sell foods or beverages on school property from 90 minutes before the school day begins until 90 minutes after the school day ends.**

Foods and Beverages Sold Individually in Vending Machines, Snacks, and Fundraisers

(Policy Language from May, 2006 DCPS Version)

- **Vending machines, a la carte, and fundraisers shall only offer approved items.**
- **Fruits and vegetables shall be offered for sale at any location where foods are sold.**
- **The following beverages may be sold at schools:**
 - Fruit-based drinks that contain 100% fruit juice and no additional caloric sweeteners;
 - Water or seltzer water; and
 - Low-fat or fat-free milk.

Foods and Beverages Sold Individually in Vending Machines, Snacks, and Fundraisers - Cont.

(Policy Language from May, 2006 DCPS Version)

- **All snacks, sweets, or side dishes** sold or served outside the federal meal program shall meet the standards below:
 - **Total fat:** $\leq 35\%$ total calories from fat
 - **Saturated fat and trans fat:** $\leq 10\%$ total calories from saturated fat plus trans fat
 - **Sugar:** $\leq 35\%$ weight from sugars, excluding sugars occurring naturally
 - **Sodium:** ≤ 230 mg per serving (snacks); ≤ 480 mg (pastas, meats, and soups); ≤ 600 mg (pizza, sandwiches, and main dishes)
 - **Limited portion sizes** for snack items, desserts, and beverages sold individually

Sample Healthy Fundraising Alternatives

- Items You Can Sell

- Air fresheners
- Calendars
- Bumper stickers and decals
- Buttons and pins
- Coffee cups and mugs
- Cookbooks
- Coupon books
- Flowers and bulbs
- Giant coloring books
- Hats, T-shirts, & sweatshirts
- Holiday ornaments and wreaths
- School spirit gear
- Temporary/henna tattoos

- Things You Can Do

- Auction
- Bike-a-thons
- Bowling night/bowl-a-thon
- Car wash
- Dances
- Festivals
- Fun runs
- Gift wrapping
- Jump-rope-a-thons
- Raffles
- Read-a-thons
- Recycling cans/bottles/paper
- Treasure hunt/scavenger hunt

Food Marketing in Schools

- **Promote foods and beverages that meet nutrition standards for meals and items sold individually**
 - Vending machine covers
 - Pricing structures
- **Prohibit marketing of brands promoting low-nutrition foods and beverages**



urbancanteen.com

Food Marketing in Schools - Cont.



nourishinteractive.com

- **Rewards**

- Schools will not use foods or beverages as rewards.
- Schools will not withhold foods or beverages as punishment.

- **Celebrations**

- Schools should limit celebrations that involve food to no more than one party per class per month.
- Each party should include ≤ 1 item that does not meet nutrition standards.

Review: Local Wellness Policy Revision

- Policies shall include **federal requirements** and goals for **improving sustainability**, **increasing the use of local and unprocessed foods**, and **increasing physical activity**.
- Schools shall promote their local wellness policy.
- Schools shall provide **physical education** as follows:
 - For **Grades K-5**, at least 30 minutes per week.
 - For **Grades 6-8**, at least 45 minutes per week.
 - At least **50% of class time** shall be devoted to actual physical activity.



Office of the



State Superintendent of Education

Review: Local Wellness Policy Revision - Cont.

- **For Grades K-8**, schools shall provide at least 15 minutes per week of **health education**.
- Schools shall submit their school health profiles each year.
- **Schools shall not permit third parties to sell foods or beverages on school property before, during, and after the school day.**
- **Schools will not use foods or beverages as rewards; schools will not withhold foods or beverages as punishment.**



Office of the



State Superintendent of Education

Local Wellness Policy Support

Additional Resources

Office of the State Superintendent of Education
(OSSE)
Wellness and Nutrition Services
www.osse.dc.gov

School Physical Fitness and Nutrition Education Grant

- Up to \$20,000 awarded
 - To improve physical activity and nutrition education programs and
 - To be certified as a USDA HealthierUS School Challenge school.
- Funding must be used for:
 - Programming that focuses on physical fitness and nutrition education activities; or
 - Opportunities for teachers to develop effective activities in the classroom.



Office of the
State Superintendent of Education



GENERAL MILLS



Let's Move! Get Active



America's Move to Raise a Healthier Generation of Kids

<http://www.letsmove.gov/>

- **Create a School Health Advisory Council.**
- **Join the HealthierUS School Challenge.**
- **Set a good example.** Make your school a healthy workplace.
- **Incorporate nutrition education and physical education into the school day.**
- **Plant a garden.**

Chefs Move to Schools

- **What is *Chefs Move to Schools*?**
 - USDA program that partners volunteer chefs and K-12 schools to create healthy and affordable meals
- **How do I sign up?**
 - Principals, administrators or school nutrition professionals can sign up their school at:
<http://healthymeals.nal.usda.gov/schoolmeals/Chef/SchoolsForm.php>
 - Chefs provide your name, address and email at:
<http://healthymeals.nal.usda.gov/schoolmeals/Chef/ChefsForm.php>



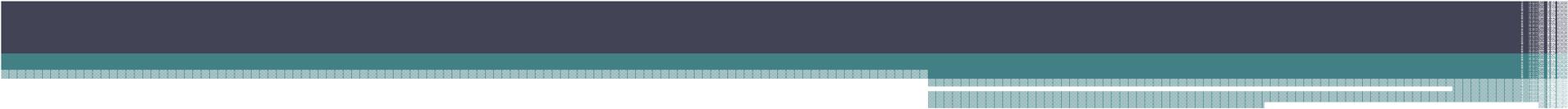
DC Farm to School Network



dcfarmtoschool.org



- **Farm to School** programs connect local farmers with schools to get more local, healthy foods into school cafeterias.
- **Resources for educators, parents, and food service providers**
 - Farm to School curricula
 - Simple activities and lesson plans
 - Grants
 - Recipes



DC Hunger Solutions-

DC Hunger Solutions, founded in 2002 as an initiative of the Food Research and Action Center (FRAC), works to create a hunger-free community and improve the nutrition, health a, economic security, and well-being of low-income people in the District of Columbia.

The Efforts of the DC Hunger Solutions, on the Healthy School Act can be discovered online at :

<http://dchealthyschools.org/>

http://www.dchunger.org/currentbills/healthy_schools_act.htm

DC Action for Healthy Kids

- Helps schools to improve the quality of food and increase opportunities for kids to be active
- School Programs
 - Game On! The Ultimate Wellness Challenge
 - ReCharge!
 - Students Taking Charge
 - Wellness Policy Tool



<http://www.actionforhealthykids.org/>

United Way of the National Capital Area

- **Child Wellness Initiative** will assist agencies in accessing resources to address childhood obesity and youth violence.



www.unitedwaynca.org

- **Fun, Fly & Fit**
 - Encourage children to have fun through fitness
 - Educate children and caregivers about nutrition
 - Promote lasting change for healthy eating
 - Provide program sites with tools to keep the program running