

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule

What is a local school wellness policy?

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The wellness policy requirement was established by 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). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Provisions of the Final Rule

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

Content of the Wellness Policy:

At a minimum, policies are required to include:

- **Specific goals** for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards, and the
 - Smart Snacks in School nutrition standards.
- **Standards for all foods and beverages provided, but not sold, to students** during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

Wellness Leadership:

LEAs must establish **wellness policy leadership** of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement:

At a minimum, LEAs must:

- **Permit participation** by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.



Amherst County Public Schools
Wellness Plan

I. Policy Statement

The Amherst County School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity in students.

II. Goals

The Amherst County School Board has established the following goals to promote student wellness.

A. Nutrition Education

1. Students receive nutrition education that provides the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.

2. A program of nutrition instruction integrated with the school health education curriculum and coordinated with the food service program is taught by well-prepared staff including foodservice staff, teachers, and other school personnel.

3. Students receive consistent nutrition messages from all aspects of the school program.

4. The nutrition education program shall be based on theories and methods proven effective by published research and be consistent with the state/district health education guidelines.

5. Nutrition concepts are integrated into the instruction of other subject areas (e.g., math, science, language arts).

6. Staff responsible for nutrition education are adequately trained with a basic knowledge of nutrition and skill practice in program-specific and instructional techniques and strategies designed to promote healthy habits.

7. The level of student participation in the school breakfast and school lunch program is appropriate.

8. Schools conduct nutrition education activities and promotions that provide opportunities for involvement of parents, families, other agencies, and the community.

B. Physical Activity

1. Students are given the opportunity for physical activity during the day through physical education classes, daily recess periods for elementary students, and the integration of physical activity into the academic curriculum where appropriate.
2. Physical education teachers use instructional practices that provide for participation for every student, including those with special needs, in physical activities.
3. Students are given opportunities for physical activity through a range of before- and/or after-school programs such as intramurals, interscholastic athletics, and physical activity clubs.
4. Schools work cooperatively with families, other agencies and the community to provide opportunities for students to engage in physical activity.
5. Schools encourage parents and families to support their childrens' participation in physical activity, to be physically active role models, and to provide opportunities for students to participate in physical activity beyond the school day.
6. Physical education is taught by well-prepared teachers with basic knowledge of physical development of children and adolescents combined with skill practice in program-specific activities and other appropriate instructional techniques and strategies designed to promote lifelong habits of physical activity.
7. Schools integrate health and physical education concepts in other curriculum areas such as math, history/social science, and language arts.
8. Schools provide adequate equipment and facilities to provide physical activities for students.

C. Nutrition Guidelines/

School Meals – Definition:

Foods served at school under the National School Lunch Program (7CFR Part 210) and the School Breakfast Program (7 CFR Part 220) and the applicable nutritional requirements set forth in the regulations.

1. Schools will participate in the USDA National School Breakfast and Lunch Programs.
2. Local guidelines for school nutrition programs will not be less restrictive than USDA regulations and guidance or existing Virginia regulations and guidance.
3. School meals will include a variety of foods.
4. A point of sale counting program is used in the cafeteria to provide the maximum protection of students' eligibility category.
5. Students will have adequate time to eat lunch.

6. Nutritional standards are developed for all foods and beverages available during the school day, with the objective of promoting student health and reducing childhood obesity.
7. Nutrient analysis is used in planning menus that meet the School Meals Initiative requirements.
8. Nutritional content is considered in purchasing and preparing school meals.
9. Nutritional content is considered for foods provided (parties, snacks, treats) or sold on campus during the school day.
10. Nutritional content is considered by fund-raising organizations for all foods sold.

D. Other School-based Activities

- 1 A division-wide Wellness Committee develops the Wellness Policy and establishes a plan for measuring the implementation of the Wellness Plan. The Committee involves school staff, parents, students, school nutrition program directors and/or managers, the school board, school administrators, and the public.
- 2 Schools will participate in the Virginia Governor’s Nutrition and Physical Activity Scorecard and Awards Program.
- 3 Physical activities and/or nutrition services or programs to benefit staff health are considered and, to the extent practical, implemented.

III. Implementation

The Superintendent’s designee will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

Cross Refs:	EFB	Free and Reduced Price Food Services
	IGAE/IGAF	Health Education/Physical Education
	JL	Fund Raising and Solicitation
	KQ	Commercial, Promotional, and Corporate Sponsorships and Partnerships

