



## Does Your Local School Wellness Policy Measure Up?

A local school wellness policy (LSWP) is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation* and the Code of Federal Regulation 210.30 and 220.7 and all Final Rule guidance.

How the Required Elements for Local School Wellness Policy (LSWP)	
Policy Includes:	Page(s)
<input type="checkbox"/> <b>Goals for Student Wellness</b> that are specific (measurable) and review and consider evidence-based strategies and techniques	
<input type="checkbox"/> nutrition promotion	
<input type="checkbox"/> nutrition education	
<input type="checkbox"/> physical activity	
<input type="checkbox"/> other school-based activities	
<input type="checkbox"/> <b>School Meals:</b> Meet, at minimum, the federal and state standards for meals provided by all LEA schools during the school day (from midnight to 30 minutes after school day)	
<input type="checkbox"/> <b>Competitive Foods and Beverages:</b> Smart Snacks in School standards for other foods and beverages sold at school during the school day (from midnight to 30 minutes after school day)	
<input type="checkbox"/> <b>Foods and Beverages Not Sold</b> -Nutrition standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, foods rewards, fundraising on campus)	
<input type="checkbox"/> <b>Foods and Beverages Marketing Policies</b> for items marketed or advertised on campus, which must meet Smart Snack standards (if you can't sell it, you can't market it)	
<input type="checkbox"/> <b>Public Involvement:</b> Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	
<input type="checkbox"/> <b>Description of Plan</b> included in the written policy for:	
<input type="checkbox"/> Public Involvement in the development, implementation, and review and periodic update, of the LSWP-allowing broad participation of stakeholders and encouraging actively seeking members	
<input type="checkbox"/> Annual Public Notification/Updates –about the content of the policy and any updates	
<input type="checkbox"/> Evaluation plan- how implementation will be measured including triennial assessment	
<input type="checkbox"/> <b>LSWP Leadership:</b> LEA has designated at least one school official by position or title who has the authority and responsibility to ensure each school complies with the policy.	
<input type="checkbox"/> <b>Date policy was updated</b>	
<input type="checkbox"/> <b>Non-discrimination Statement</b> -full statement on complete policy; abbreviated version-shorter documents	

Compliance with Implementation-Questions (Q) on the Administrative Review:	Documentation
<input type="checkbox"/> <b>Q1000-Please explain how the required elements of the LSWP are being met</b>	
<i>Documentation Examples: dated hard copy or provide copy of web posting or link</i>	
<input type="checkbox"/> <b>Q1001-How does the <u>public know</u> about the Local School Wellness Policy?</b>	
<input type="checkbox"/> <b>Annual public notification</b> of the content of the LSWP and any updates if needed	
<input type="checkbox"/> <b>How the public can be involved in the LSWP</b> -typically method of solicitation for a wellness committee	
<input type="checkbox"/> <b>The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public</b>	
<i>Documentation Examples: web page, letters, e-mails, newsletters, student handbooks, flyers</i>	
<input type="checkbox"/> <b>Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?</b>	
<b>Public Involvement:</b> LEA <b>permits</b> involvement of the following people in the development, implementation, review, and modification of the LSWP:	
<input type="checkbox"/> Parents <input type="checkbox"/> Students <input type="checkbox"/> School Food Service <input type="checkbox"/> Teachers of Physical Education <input type="checkbox"/> School Health Professionals <input type="checkbox"/> School Board Members <input type="checkbox"/> School Administrators <input type="checkbox"/> General Public and Community Members	
<i>Documentation Examples: committee roster, agendas/minutes, meetings announcements, work plan</i>	
<input type="checkbox"/> <b>Q1003-When and how does the review and update of the LSWP occur?</b>	
<i>Documentation Examples: committee agendas/minutes, work plan, related documents</i>	
<input type="checkbox"/> <b>Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP?</b>	
<i>Documentation Examples: letters, e-mails, newsletters, web page, student handbooks, flyers</i>	
<input type="checkbox"/> <b>Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.</b>	
<b>Triennial Assessment:</b> At least every three years, beginning no later than June 30, 2020, assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining LSWP goals.	
<i>Documentation Examples: Comparison to Model Policy-dated policy review tools such as the WellSAT2.0; Compliance with the LSWP and Progress Attaining Goals-School Health Index and/or district generated checklists, updated implementation plans, board reports</i>	
<input type="checkbox"/> <b>Q1006. <u>How does the public know about the results</u> of the most recent assessment on the implementation of the LSWP?</b>	
<i>Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers</i>	