

District Wellness Program Resources

The following resources are intended to assist with the implementation of the district wellness program.

The final USDA Local School Wellness Policy rule was published on July 29, 2016, and can be found at:

www.fns.usda.gov/tn/local-school-wellness-policy

A two-page summary of the final USDA rule can be found at:

http://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf

A comparison chart of the 2004 vs. 2010 local school wellness policy requirements can be found on the USDA website at:

<https://www.fns.usda.gov/sites/default/files/lwpcomparisonchart.pdf>

The Centers for Disease Control and Prevention's Healthy Schools website provides a wealth of local policy resources at:

<https://www.cdc.gov/healthyschools/policy/index.htm>

Nutrition Guidelines

School Meals

The USDA National School Lunch and Breakfast Program Meal Patterns can be found on DESE's website at: dese.mo.gov/sites/default/files/FNS-NutritionStandardsNationalSchoolLunchSchoolBreakfast.pdf

Links to additional resources that can assist in meeting the USDA School Meal Program requirements can be found on DESE's website at: dese.mo.gov/financial-admin-services/food-nutrition-services/new-meal-pattern

Resources such as recipes and menus that can assist schools with planning and preparing meals that meet the School Meal Program requirements can be found on the Alliance for a Healthier Generation's website at: <https://foodplanner.healthiergeneration.org/>

Smart Snacks

Information about the USDA Smart Snacks requirements, educational resources and policy guidance can be found on USDA's website at: www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks and DESE's website at: dese.mo.gov/financial-admin-services/food-nutrition-services/smart-snacks

Smart Snacks resources, including a Smart Snacks calculator that helps users determine whether a product meets the Smart Snack guidelines, can be found on the Alliance for a Healthier Generation's website at: <https://foodplanner.healthiergeneration.org/>

Nutrition Guidelines (continued)

Fundraising

For information on healthy fundraising ideas and alternatives visit the Alliance for a Healthier Generation's website at: www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/

Celebration and Rewards

Information on healthy school celebrations and rewards, including ideas for non-food rewards and healthy party refreshments, can be found at the Alliance for a Healthier Generation's website: www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/

The Center for Science in the Public Interest also publishes a list of healthy celebration ideas, including snack suggestions for different seasons, at: https://cspinet.org/sites/default/files/attachment/healthy_school_celebrations.pdf

Information on food served at celebrations is available at: http://www.childrensmercy.org/About_Us/About_Childrens_Mercy/In_the_Community/Weighing_In/Healthy_Schools/

Water

The Center for Disease Control's Increase Access to Drinking Water in Schools resource provides practical tips for increasing students' access to water. The guide can be found at: https://www.cdc.gov/healthyschools/npao/pdf/water_access_in_schools_508.pdf

A Guide to Improving Water Access and Consumption in Schools to Improve Health and Support Learning provides strategies and resources to help increase water consumption at schools: <http://waterinschools.org/pdfs/WaterWorksGuide2014.pdf>

A list of water in schools resources can be found at: <http://www.drinkingwateralliance.org/access-schools>

Mealtimes

The Missouri Department of Health and Senior Services "Recess Before Lunch" Toolkit can be downloaded from their website at: <http://health.mo.gov/living/wellness/nutrition/schoolwellness/parents.php>

Information for administrators, staff and families on ensuring adequate time to eat can be found at: http://www.childrensmercy.org/About_Us/About_Childrens_Mercy/In_the_Community/Weighing_In/Healthy_Schools/

Nutrition Education

The University of Missouri Extension's Family Nutrition Education Program provides free nutrition education classes to eligible K-12th grade schools that serve low-income populations. For more information about the Family Nutrition Education Program and how to receive their services go to: <http://extension.missouri.edu/fnep/index.htm>

Nutrition Promotion

Children's Mercy's website includes a variety of colorful handouts that can be distributed to administrators, staff and families on a variety of school wellness, nutrition and physical activity topics including:

Healthy role models
Restricting marketing of unhealthy choices
Avoiding food as a reward
Healthy vending and à la carte
Regulating food sold for fundraising

http://www.childrensmercy.org/About_Us/About_Childrens_Mercy/In_the_Community/Weighing_In/Healthy_Schools/

USDA's **Local School Wellness Policy Outreach Toolkit** includes ready-to-go **communication tools** to educate parents and staff. The kit includes flyers, presentations, newsletter articles and social media posts. The tools can be personalized to make them specific to individual Local School Wellness Policy activities. www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit

The Missouri Department of Health and Senior Service's Missouri Team Nutrition sponsors **programs that assist Missouri preschool and school-age children in making healthy, nutritious choices** that result in improved health status. Missouri Team Nutrition is poised to assist schools with health programs and policies. Missouri Team Nutrition programs include:

Rainbow Day Projects
School Wellness
Culinary Skills Institute
FreshLIFE
Farm to Preschool

For more information go to: <http://health.mo.gov/living/wellness/nutrition/teamnutrition/index.php>

Physical Activity

Recess

For information on **enhancing recess time** go to the Alliance for a Healthier Generation's website at: https://www.healthiergeneration.org/take_action/schools/physical_activity/recess/

The Centers for Disease Control's (CDC) **Strategies for Recess in Schools** identifies 19 effective strategies schools can implement to increase student physical activity and academic achievement. https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf

The CDC's **Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice** complements the strategies document by guiding schools through their development of a written recess plan. https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessplanning_508.pdf

Alternative ideas for withholding recess and physical activity as a punishment can be found at:

* The Peaceful Playgrounds website at:

<http://www.peacefulplaygrounds.com/download/pdf/recess-alt.pdf>

* The Alliance for a Healthier Generation's website at:

https://www.healthiergeneration.org/_asset/kvz6n2/13-6194_AltToWithholdingPA.pdf

The National Association for Sport and Physical Education (NASPE) **position statement on Physical Activity Used as Punishment and/or Behavior Management** can be found at: https://www.healthiergeneration.org/_asset/4k38lu/11-2684_PA_Used_As_Punishment.pdf

Physical Education

National standards for physical education can be found at the National Association for Sport and Physical Education site at: <http://www.aahperd.org/naspe/standards/nationalGuidelines/PEguidelines.cfm>

The **Physical Education Curriculum Analysis Tool (PECAT)** is a **self-assessment and planning guide** developed by the Centers for Disease Control and Prevention. It is designed to help school districts and schools conduct analyses of physical education curricula based upon national physical education standards and can be found at: www.cdc.gov/healthyschools/pecat/index.htm

Physical Activity

The Alliance for a Healthier Generation has created exciting and engaging **physical activity break videos** that can be used to get youth moving. The videos are at: www.healthiergeneration.org/take_action/schools/physical_activity/physical_activities/fit_for_a_healthier_generation/

Model joint use agreement templates can be found at ChangeLab Solutions' website at: <http://www.changelabsolutions.org/publications/model-JUAs-national>

Information on providing physical activity breaks, not using physical activity as a punishment and elementary recess is located at: http://www.childrensmercy.org/About_Us/About_Childrens_Mercy/In_the_Community/Weighing_In/Healthy_Schools/

Other School-Based Activities

Community and Family Involvement

The Centers for Disease Control and Prevention's virtual healthy school website includes information and resources about the **Whole Schools, Whole Community, Whole Child (WSCC)** model. The site can be accessed at: <https://www.cdc.gov/healthyschools/vhs/index.html>

Children's Mercy provides information on family involvement: http://www.childrensmercy.org/About_Us/About_Childrens_Mercy/In_the_Community/Weighing_In/Healthy_Schools/

Outdoor Air Quality

The Centers for Disease Control and Prevention's Air Quality and Outdoor Activity Guidance provides guidance to schools on how to protect children from air pollution. It is available at: https://www.cdc.gov/nceh/airpollution/airquality/pdfs/Air_Quality_and_Outdoor_Activity_Guidance.pdf

Indoor Air Quality

The Centers for Disease Control and Prevention's website provides a self-assessment checklist that covers general recommendations for addressing indoor air quality issues in school districts at: <https://www.cdc.gov/niosh/docs/2004-101/chklists/6indoo~1.htm>

Staff Development and Training

Professional development training tools for healthy schools can be found on the Centers for Disease Control's website at: <https://www.cdc.gov/healthyschools/trainingtools.htm>

Staff Wellness

Information about **assessing, planning, implementing and evaluating a staff wellness program** is available on the Alliance for a Healthier Generation's website at: https://www.healthiergeneration.org/take_action/schools/employee_wellness/

The Directors of Health Promotion and Education's **School Employee Wellness: A Guide for Protecting the Assets of Our Nation's Schools** is a comprehensive guide that provides information, practical tools and resources for school employee wellness programs. It can be found at: http://dhpe.site-ym.com/?page=Programs_SEW

Sun Safety

The Centers for Disease Control and Prevention publishes **guidelines for school programs** to prevent skin cancer at: https://www.cdc.gov/cancer/skin/what_cdc_is_doing/guidelines.htm

CDC also provides **recommendations for specific members of the school community**, such as principals, teacher and parents, to help reduce youth skin cancer risks at: https://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf

Tobacco

The Missouri Department of Health's tobacco use prevention resources can be found at: <http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/tobaccocontrol.php>

Oversight and Evaluation

Other model wellness policies and DESE resources and templates that can be used to monitor the implementation of the district wellness program can be found at: <https://dese.mo.gov/financial-admin-services/food-nutrition-services/wellness>

Compliance Indicators

1. School Health Index (SHI) Self-Assessment and Planning Guide

The Centers for Disease Control and Prevention's **online self-assessment and planning** tool can be used to assess a school's health and safety policies and programs. The tool is available as an interactive, customizable online tool or a downloadable, printable version. Based on the CDC's Coordinated School Health model for improving students' health and learning, the SHI measures how well schools address six health topics: nutrition, physical activity, unintentional injury and violence prevention, tobacco use prevention, asthma, and sexual health. The self-assessment process involves bringing school community members together to discuss what your school is already doing to promote good health and your strengths and weaknesses. The SHI is then used to identify actions to improve the school's performance. It will also help guide the selection of health priorities and development of goals. It can be found at: <https://www.cdc.gov/healthyschools/shi/index.htm>

2. School Wellness Policy Annual Report Checklist

This Alaska Department of Health and Social Services' fillable document is used by some Alaska districts to develop school wellness policy reports in preparation for their review. This example can be adapted for other states and jurisdictions to meet their needs. https://healthymeals.fns.usda.gov/sites/default/files/uploads/AlaskaSchoolWellnessPolicy_AnnualReportChecklist.pdf

3. Wellness School Assessment Tool (WellSAT)

This UConn Rudd Center for Food Policy and Obesity's tool can be used to assess the quality of the school district's wellness policy and provides personalized guidance and resources for making improvements. This tool focuses on district-level wellness policies, but can be easily adapted to measure wellness practices at an individual school. <http://www.wellsat.org/>

4. Resource to Sustain and Strengthen Local Wellness Policy Initiatives

The Institute of Child Nutrition's guide helps school districts conduct an evaluation of local wellness policies. This guide details step-by-step instructions for conducting an evaluation, determining what the results mean, and communicating the findings to stakeholders. <http://theicn.org/documentlibraryfiles/PDF/20130228111227.pdf>

5. Wellness Policy Tools

Action for Healthy Kids provides the following tools:

- **Assess the Environment:** This tool provides background and resources to assess the wellness environment so you can focus specifically on areas that need improvement. <http://www.actionforhealthykids.org/step-2-assess-the-environment#assess>
- **Measure, Evaluate and Sustain the Effort:** This tool provides clear steps and questions to consider to help you measure and evaluate your wellness policy implementation. <http://www.actionforhealthykids.org/step-6-measure-evaluate-and-sustain-effort#measure>

6. Idaho Wellness Policy Progress Report

The Idaho State Department of Education's form tracks progress on a school's wellness policy requirements (indicated in bold) and practices. <http://www.sde.idaho.gov/cnp/hne/school-wellness/files/tools/Idaho-Wellness-Policy-Progress-Report.pdf>

Oversight and Evaluation (continued)

Reporting to the Public

Sample materials that can be used to inform and update the public about the content and implementation of the local wellness policy can be found at:

1. Local Wellness Policy Checklist and Triennial Assessment Report Template

The Minnesota Department of Education has developed a Local Wellness Policy Checklist that can be used to assess a school's wellness policy. They have also developed a Triennial Assessment Report Template that can be used to document a school's compliance with the triennial assessment requirement. <http://education.state.mn.us/MDE/dse/FNS/SNP/gen/well/>

2. Local School Wellness Policy Public Notification

The Marin County Office of Education's sample policy language around public notification and an example communication plan is available on their website. <http://marinschools.org/Health-Wellness/wellness/Documents/Resource%20Sheet.Model%20Policy.LSWP.pdf>

3. Annual Wellness Report Card (2015)

Fayette County Public Schools in Kentucky's website provides an overview of the annual Wellness Report Card that reviews nutrition initiatives and physical activity districtwide, and includes archived report cards and recommendations to improve overall student wellness. This method can meet the wellness policy public reporting requirement, as long as the required reporting requirements are included in the document. <http://www.fcps.net/wellness>

4. Wellness Committee Board Report 2009-2011

The Lompoc Unified School District site includes an example of a report summarizing the progress in achieving the goals of the local school wellness policy. https://healthymeals.fns.usda.gov/sites/default/files/uploads/Lopmoc%20Unified%20School%20District_Board%20Report_Wellness%20Committee%202009-2011.pdf

5. Wellness Policy Brochure

The San Marcos Unified School District's brochure is an example of a school district's communication about the location of the wellness policy, specific elements of the policy, and contact information for wellness leaders. <http://www.smusd.org/cms/lib3/CA01000805/Centricity/Domain/592/wellnessbrochureenglish.pdf>

6. Wellness Policy Tool: Communicate the Results

This Action for Healthy Kids page provides ideas on communication methods, questions for consideration, and other resources. <http://www.actionforhealthykids.org/step-7-communicate-the-results#communicate>