



Does Your Local School Wellness Policy Measure Up?

Reviewed 11-20-2025

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 checked="" type="checkbox"/> Goals for Student Wellness that are specific (measurable) and review and consider evidence-based strategies and techniques	1 and 2
<input checked="" type="checkbox"/> nutrition promotion	4
<input checked="" type="checkbox"/> nutrition education	4
<input checked="" type="checkbox"/> physical activity	7
<input checked="" type="checkbox"/> other school-based activities	Throughout
<input checked="" type="checkbox"/> School Meals: 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)	4-6
<input checked="" type="checkbox"/> Competitive Foods and Beverages: 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)	N/A
<input checked="" type="checkbox"/> Foods and Beverages Not Sold -Nutrition standards outlined for foods and beverages available throughout the school day (classroom parties and snacks, foods rewards, fundraising on campus)	6
<input checked="" type="checkbox"/> Foods and Beverages Marketing Policies for items marketed or advertised on campus, which must meet Smart Snack standards (if you can't sell it, you can't market it)	7
<input checked="" type="checkbox"/> Public Involvement: Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	3
<input checked="" type="checkbox"/> Description of Plan included in the written policy for:	
<input checked="" 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	3
<input checked="" type="checkbox"/> Annual Public Notification/Updates –about the content of the policy and any updates	10
<input checked="" type="checkbox"/> Evaluation plan- how implementation will be measured including triennial assessment	11
<input checked="" type="checkbox"/> LSWP Leadership: 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.	3
<input checked="" type="checkbox"/> Date policy was updated	1
<input checked="" type="checkbox"/> Non-discrimination Statement -full statement on complete policy; abbreviated version-shorter documents	12

Compliance with Implementation-Questions (Q) on the Administrative Review:	Documentation
<input checked="" type="checkbox"/> Q1000-Please explain how the required elements of the LSWP are being met	
<i>Documentation Examples: dated hard copy or provide copy of web posting or link</i>	
<input type="checkbox"/> Q1001-How does the <u>public know</u> about the Local School Wellness Policy?	
<input checked="" type="checkbox"/> Annual public notification of the content of the LSWP and any updates if needed	
<input checked="" type="checkbox"/> How the public can be involved in the LSWP -typically method of solicitation for a wellness committee	
<input checked="" type="checkbox"/> The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public	
<i>Documentation Examples: web page, letters, e-mails, newsletters, student handbooks, flyers</i>	
<input type="checkbox"/> Q1002 -Who is involved in reviewing and updating the LSWP? What is their relationship with SFA?	
Public Involvement: LEA permits involvement of the following people in the development, implementation, review, and modification of the LSWP:	
<input checked="" type="checkbox"/> Parents <input type="checkbox"/> Students <input checked="" type="checkbox"/> School Food Service <input type="checkbox"/> Teachers of Physical Education <input checked="" type="checkbox"/> School Health Professionals <input checked="" type="checkbox"/> School Board Members <input checked="" 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 checked="" type="checkbox"/> Q1003-When and how does the review and update of the LSWP occur?	
<i>Documentation Examples: committee agendas/minutes, work plan, related documents</i>	
<input checked="" type="checkbox"/> Q1004-How are potential stakeholders made aware of their ability to participate in the development, review, update, and implementation of the LSWP? Dojo, PTC Announcements, Board Meetings, SSC	
<i>Documentation Examples: letters, e-mails, newsletters, web page, student handbooks, flyers</i>	
<input checked="" type="checkbox"/> Q1005-Provide a copy of your SFA's most recent assessment on the implementation of the LSWP.	
Triennial Assessment: 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 checked="" type="checkbox"/> Q1006. <u>How does the public know about the results</u> of the most recent assessment on the implementation of the LSWP?	
<i>Documentation: letters, e-mails, newsletters, board reports, web page, student handbooks, flyers</i>	

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