

Local Wellness Policy

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Local Wellness Policy

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Background

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-205). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed.

In 2010, Congress passed the Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

Federal Law

Federal law requires parents, students, representatives from the school food service, board members, administrators and members of the public be involved in the development of the policy, which must include the following components:

1. Nutrition guidelines selected by the district that apply to all foods available on each school campus during the school day and that promote student health and reduce childhood overweight and obesity.
 - a. United States Department of Agriculture (USDA) and Missouri Department of Elementary and Secondary Education (DESE) Food Service Guidelines
 - b. See Missouri Consultants for Education (MCE) Policy #2750
2. Assurances that guidelines for reimbursable school meals will be no less restrictive than those reflected in the regulations and guidance issued pursuant to the National School Lunch Act.
 - a. USDA and DESE Food Service Guidelines
 - b. See MCE Policy #2750
3. Goals for nutrition education designed to promote student wellness and proper nutrition in a manner the district determines is appropriate.

- a. Northwestern will provide nutrition education to all students at least once every school year. Applicable programs include, but are not limited to: Food Power, Freshman Health, Family and Consumer Sciences, Lunch Programs, Dental Hygiene, Nutrition Nuggets, Fruit and Vegetable Sampling, County Extension Projects, and Green House Presentations facilitated by VoAg classes.
4. Goals for physical activity designed to promote student wellness in a manner the district determines is appropriate.
 - a. Northwestern will provide wellness education for physical activity to all students at least once every school year. Applicable programs include, but are not limited to: Physical Education, Freshman Health, Family and Consumer Sciences, Recess, Walking Clubs, Open Playground, School Sponsored Sports, and County Extension Projects.
5. Goals for other school based activities designed to promote student wellness in a manner the district determines is appropriate.
 - a. Northwestern will provide school based programs to all students at least once every school year, designed to promote student wellness. Applicable activities may include, but are not limited to: Vision Exams (PK-6), Body Mass Index Testing, Hearing Screenings (PK-3), Fluoride Varnishes (PK-12), First Aid Training, CPR Training, Health Screenings, AED Training, MSHSAA Physicals (6-12), and Open Playground .
6. A plan for measuring implementation of the local wellness policy.
 - a. Northwestern will communicate the local wellness policy one time per year in each of the following news publications: Northwestern R-I Facebook Page, and the Annual Summer Newsletter to Patrons.
 - b. Northwestern will post and maintain the Local Wellness Policy on the Northwestern website (www.northwestern.k12.mo.us).
 - c. The Northwestern Wellness Committee will assess the implementation of the wellness policy one time per year using the School and Community Actions for Nutrition (SCAN) Survey created by the Center for Nutrition in Schools located at the University of California-Davis.
7. Designation of person/persons responsible for policy implementation.
 - a. Northwestern will designate a School Wellness Committee every year consisting of at least: The Superintendent, Principal, Dietary Supervisor, Head Cook, School Nurse, Health/P.E. Instructor, Elementary Teacher, High School Teacher, School Board Member, Two Students, and School District Patron.