

## FDE-Wellness Policy Adoption Process

Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) **mandates** each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791, including the School Breakfast Program) to adopt a district-wide school wellness policy by the beginning of the school year after July 2006. If the School District has already adopted policies promoting healthy eating and physical activity, it should use the process described below to review its existing policies to ensure that they meet the requirements of federal law. The following policy describes the process for developing the district wellness policy but does not yet include the content that will fulfill the mandate. It is expected that districts will, before the first day of the 2006-2007 school year, replace the following policy with a policy developed through the required process.

### Wellness Policy Adoption Process

The Board recognizes its obligations under the Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 and desires to provide a program promoting healthy eating and physical activity in district students.

Accordingly, the Board directs the Superintendent or the Superintendent's designee to develop a Wellness Policy that, at a minimum, shall:

- 1) Include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the Board determines is appropriate.

- 2) Include nutrition guidelines selected by the Board for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
- 3) Provide an assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a) and 1779(a) and (b), as they apply to schools.
- 4) Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is implemented.

The Superintendent or the Superintendent's designee shall involve parents, students, representatives of the school food authority, the school board, school administrators, and the public, as well as any others the Superintendent or the Superintendent's designee deems beneficial in the development of the Wellness Policy.

The Superintendent shall present the proposed Wellness Policy to the Board, no later than May 1, 2006, for review and Board action.

#### Wellness Policy Recommendations (SAMPLE)

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current district policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

By March 1, 2006, the council or committee shall present policy recommendations to the Board which include, but are not necessarily limited to, the following topics:

- 1) Goals and strategies for increasing student participation in the school breakfast and lunch programs
- 2) Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards
- 3) The amount of time allowed for students to eat and the adequacy of lunchroom facilities
- 4) Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school-sponsored events, school fundraisers and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior
- 5) Foods and beverages donated for class parties or other school events
- 6) School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs
- 7) Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change
- 8) Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs
- 9) Outreach strategies to encourage families to reinforce and support healthy eating and physical activity

- 10) Cost estimates of implementing the recommended strategies and potential funding sources
- 11) Priorities for implementing the recommended strategies in the wellness policy
- 12) Processes for evaluating the school district's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.