

# Wyoming Local Wellness Policy Model

WYOMING  
DEPARTMENT OF EDUCATION

Local Wellness Policy for \_\_\_\_\_ [Insert District/Agency Name] \_\_\_\_\_

The \_\_\_\_\_ [Insert District/Agency Name] \_\_\_\_\_ is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

The Local Wellness for \_\_\_\_\_ [Insert District/Agency Name] \_\_\_\_\_ includes, but not limited to, the following USDA Wellness Policy requirements:

- The involvement of students, parents, school food authority, school board members, and the public in the development of the plan;
- Goals for nutrition education, physical activity, and other school-based activities that promote student wellness;
- Nutrition guidelines for all foods available on each school campus during the school day that promote student health and reduce childhood obesity;
- A plan for measuring implementation of the policy;
- Designation of one or more persons charged with the operational responsibility;  
The plan includes PE teachers, school health professional, and school administrators in the development, implementation, periodic review and update of the policy;
- The Wellness policy includes a plan for nutrition promotion; and
- Informs and updates the public (including parents, students, and community) about the content and implementation of the policy.

## **Nutrition Education**

Throughout each school year, all students, Pre-K-12, in \_\_\_\_\_ [district/agency] \_\_\_\_\_ shall receive nutrition education that is aligned with the USDA Wellness Policy requirements, (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*) education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

## **Nutrition Standards**

The \_\_\_\_\_ [district/agency] \_\_\_\_\_ shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. (Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)) The \_\_\_\_\_ [district/agency] \_\_\_\_\_ shall encourage students to make nutritious food choices. The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

The \_\_\_\_\_ [district/agency] \_\_\_\_\_ shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

## **Physical Education and Physical Activity Opportunities**

The district/agency shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Wyoming Physical Education Content and Performance Standards*. [http://edu.wyoming.gov/sf-docs/publications/Standards\\_2008\\_Physical\\_Education\\_PDF.pdf?sfvrsn=0](http://edu.wyoming.gov/sf-docs/publications/Standards_2008_Physical_Education_PDF.pdf?sfvrsn=0)

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

## **Other School-Based Activities Designed to Promote Student Wellness**

The \_\_\_\_\_ [district/agency] \_\_\_\_\_ may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **A. Educational Reinforcement**

1. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

### **B. Staff As Role Models.**

1. School staffs are encouraged to model healthy eating behaviors.
2. Create a staff wellness program and encourage staff to participate with incentives.

### **C. Coordination of Programs**

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

### **D. Nutrition-Related Health Problems**

1. School counselors and school health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

### **Implementation and Measurement**

The district/agency \_\_\_\_\_[Insert staff name]\_\_\_\_\_ shall implement this policy and measure how well it is being managed and enforced. This same person shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The \_\_\_\_\_[Insert staff name]\_\_\_\_\_ shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Members of the Wellness Policy Committee

Name:	Title:


### **Nutrition Education Goals**

1. Example: *Provide nutrition education curricula that are skills-based and incorporates nutrition concepts from the 2010 Dietary Guidelines.*

2.

3.

4.

5.

### **Nutrition Standards Goals**

1. Example: *Make information available to students and their parents/guardians concerning USDA school meal requirements and the nutrition content of food and beverages provided/sold.*

2.

3.

4.

5.

### **Physical Education/Physical Activity Goals**

1. Example: *Incorporate physical activity into other subject areas (e.g. math, language arts, social studies, science), or between lessons.*

2.

3.

4.

5.

**Other Activities:**

1. Example: Ensure *fund-raising activities are supportive of healthy eating.*

2.

3.

4.

5.

**Measurements and outcomes:**

Goal number	Date of Implementation	How the goal was implemented	Outcome
EX 1. Ensure fund-raising activities are supportive of healthy eating.	9-15-12	Students were asked what type of healthy snacks they would like in their vending machines	Fund raising vending machines contain healthy choices only
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

**Promoting Student Wellness**

- Provide student access to physical activity facilities outside school hours.
- Schedule recess for elementary students before lunch.

- Develop strategies for parents, school personnel and community members to serve as role models.
- Provide students with healthy rewards.
- Apply for a Healthier US School Challenge award:  
<http://teamnutrition.usda.gov/healthy/wellnesspolicy.html>
- Drive your school's performance with healthier foods and more physical activity.
- Measure the academic success of your school and celebrate.

Resources:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

<http://www.emc.cmich.edu/BrainBreaks/TOC.htm>

[http://www.schoolnutrition.org/Search\\_better.aspx?searchtext=wellness](http://www.schoolnutrition.org/Search_better.aspx?searchtext=wellness)

<http://www.teamnutrition.usda.gov/healthierus/index.html>

<http://www.fns.usda.gov/tn/>

<http://www.fns.usda.gov/tn/Resources/healthiermiddleschools.htm>