

# Wellness Policy Guidelines - Elements of Implementation for Final Rule

Policy Focus	2010 HHFKA-Final Rule Requirements	Elements of Implementation
<b>Public Involvement</b>	<p>Invite the following to participate in the development, implementation and measurement of the LWP:</p> <ul style="list-style-type: none"> <li>• School Board and Administration</li> <li>• Physical Education Instructors</li> <li>• School Health Professional</li> <li>• Community Members</li> <li>• Students</li> <li>• Parents</li> <li>• Food Service</li> </ul> <p><b>Identify a designee with authority/responsibility to ensure compliance</b></p>	<ul style="list-style-type: none"> <li>• Send email invitations</li> <li>• Post flyers</li> <li>• Call stakeholders</li> <li>• Post an invitation to join the committee on the school district website</li> <li>• Newsletter</li> <li>• Student handbook</li> </ul>
<b>Nutrition Guidelines</b>	Standards and nutrition guidelines for all foods and beverages available for sale on the school campus during the school day consistent with applicable Federal meal pattern and competitive food regulations	<ul style="list-style-type: none"> <li>• Adhere to nutrition guidelines for school meals</li> <li>• Adhere to Smart Snack standards for competitive foods (à la carte, concessions, vending, school stores)</li> </ul>
<b>Nutrition Standards</b>	Nutrition standards for non-sold foods and beverages made available on the school campus during the school day	<p>Develop nutrition standards for:</p> <ul style="list-style-type: none"> <li>• Classroom/school celebrations</li> <li>• Rewards</li> <li>• Fundraisers</li> </ul>
<b>Policy for Food and Beverage Marketing</b>	Permit marketing on the school campus during the school day of only those foods and beverages that meet the competitive foods requirements	<ul style="list-style-type: none"> <li>• Exterior of vending machines</li> <li>• Posters</li> <li>• Menu boards</li> <li>• Coolers</li> <li>• Trash cans</li> <li>• Food Service equipment</li> <li>• Cups</li> </ul>
<b>Nutrition Promotion</b>	Specific and measurable goals for nutrition promotion with consideration for evidence-based strategies	<ul style="list-style-type: none"> <li>• Become a HUSSC/Team Nutrition school</li> <li>• Health fair</li> <li>• School garden</li> <li>• Theme days/months</li> <li>• Food tasting</li> <li>• Wellness newsletters</li> <li>• Use Smarter Lunchrooms Movement best practices</li> </ul>
<b>Nutrition Education</b>	Specific and measurable goals for nutrition education with consideration for evidence-based strategies	<ul style="list-style-type: none"> <li>• Standards based nutrition education</li> <li>• Integrated into curricula (i.e. cooking classes)</li> <li>• School environment supports nutrition education</li> </ul>
<b>Physical Activity</b>	Specific and measurable goals for physical activity with consideration for evidence-based strategies	<ul style="list-style-type: none"> <li>• Physical Education (P.E.)</li> <li>• Classroom physical activities (i.e. brain bursts)</li> <li>• Fitness testing</li> <li>• Recess</li> <li>• Reward/punishment practices</li> </ul>
<b>Other School-Based Wellness Activities</b>	Specific and measurable goals for other school-based activities that promote student health with consideration for evidence-based strategies	<ul style="list-style-type: none"> <li>• Staff modeling/ wellness programs</li> <li>• Walking/ activity clubs (i.e. Safe Routes to School)</li> <li>• Before/after school programs</li> <li>• Access to school facilities</li> <li>• Environmental stewardship programs</li> <li>• Total wellness (drug prevention programs, mental health, CPR, first aid, etc.)</li> </ul>
<b>Assessment</b>	<p>Evaluation of the LWP every 3 years (minimum):</p> <ol style="list-style-type: none"> <li>1. How the LWP compares to model wellness policies</li> <li>2. Each school's compliance with LWP</li> <li>3. Progress toward LWP goals</li> </ol>	<ul style="list-style-type: none"> <li>• Idaho Wellness Policy Progress Report</li> <li>• WellSAT 2.0 (created by Rudd Center)</li> <li>• WellSAT-I (currently in development)</li> <li>• School District tracking tools</li> </ul>
<b>Communication</b>	<p>Annually inform and update the public about:</p> <ol style="list-style-type: none"> <li>1. Content of LWP</li> <li>2. Updates to the policy</li> <li>3. Results of triennial assessment</li> </ol>	<ul style="list-style-type: none"> <li>• School Websites</li> <li>• Student Handbook</li> <li>• Newsletters</li> <li>• Report to school board</li> <li>• After-school event (i.e. family fair, exhibit, sport game)</li> </ul>