LOCAL WELLNESS POLICY ASSESSMENT: *Making it Meaningful (2310)*

INTENDED AUDIENCE & CONTENT

This level 1 webinar is for persons involved in the writing, implementation, and/or assessment of the Local Wellness Policies.

OBJECTIVES

1. Review requirements for Local Wellness Policy (LWP) assessment and publication
2. Review how to use the ADE Activity and Assessment Tool (AAT)
3. Hear best practices from Arizona LEAs who have used the AAT
4. Review ADE tools for publishing LWP assessment findings

LOCAL WELLNESS POLICY ASSESSMENT

What is required and why?

WHAT'S IN A WELLNESS POLICY?

What's in a Wellness Policy?

SPECIFIC GOALS

- ☐ Nutrition Education
- ☐ Nutrition Promotion
- ☐ Physical Activity
- ☐ Other School-Based Activities

STANDARDS

- ☐ For all foods and beverages *sold to students* on the school campus must be consistent with school meal nutrition standards and Smart Snacks in School standards
- ☐ For all foods and beverages provided but not sold, to students during the school day (classroom parties, treats brought by parents, etc.)

POLICIES

- ☐ Allowing marketing and advertising only for foods and beverages that meet Smart Snacks in School nutrition standards

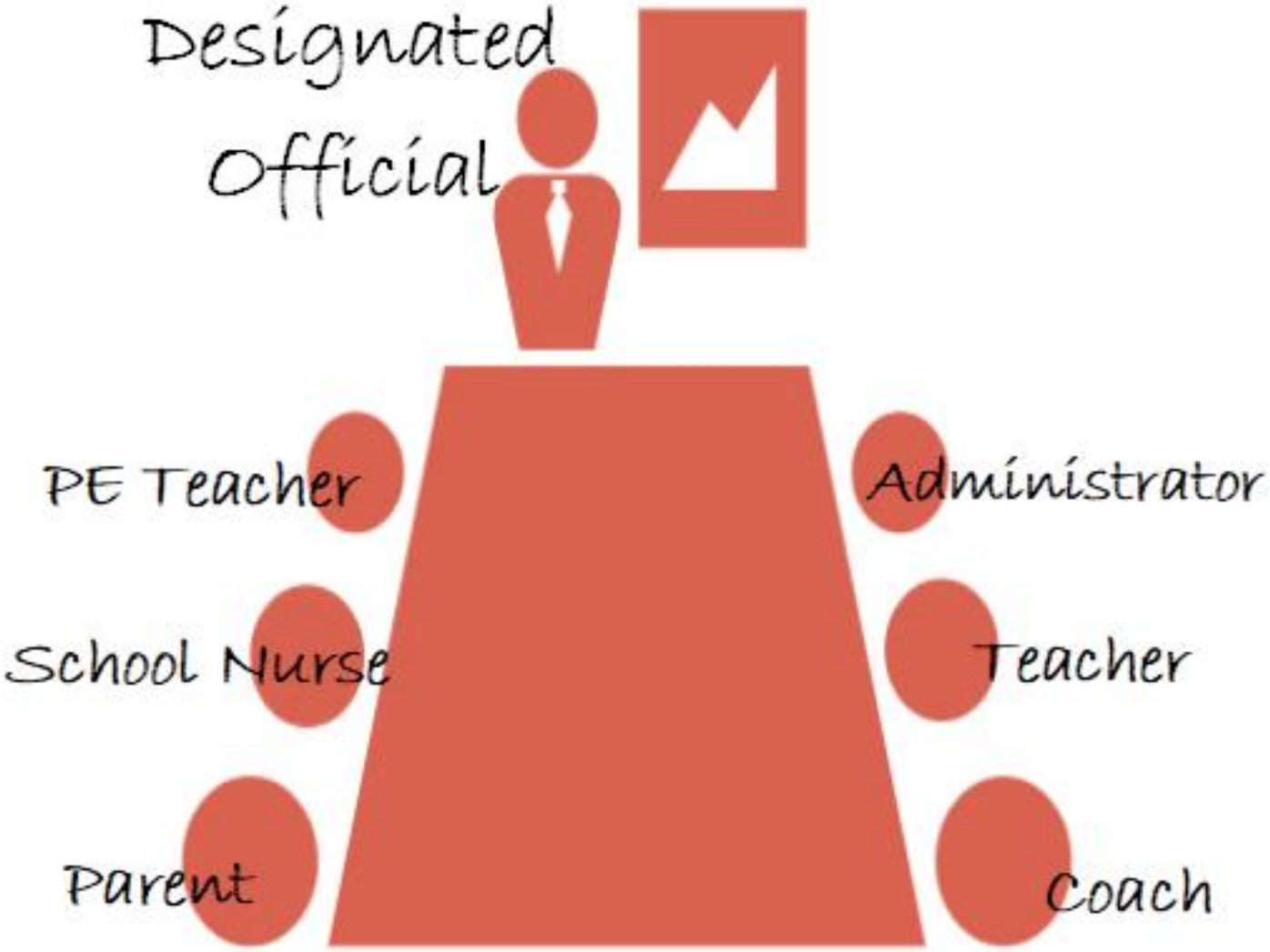
DESCRIPTIONS

- ☐ Public involvement in committees, **public updates**, policy leadership, and **evaluation plan**
- ☐ How stakeholders are notified of the LWP and invited to join the committee
- ☐ Policy implementation plan

ASSESSMENT

- ☐ Comparison against a model policy
- ☐ Policy implementation

WHO'S ON A WELLNESS COMMITTEE?



Other possible members:
students, food service director,
food service staff, community members,
school board members, etc.

87%

of LEAs were out of compliance with requirements for Local Wellness Policies

63%

of LEAs did not conduct an assessment of progress toward goals and compliance with written policies or notify the public of an assessment

PY 2017 ADMINISTRATIVE REVIEW FINDINGS

Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

What this means…

- Assess how well your organization follows it's own LWP and what efforts are being made to meet each goal
- Compare your policy to a model policy

Comparing to a Model Policy

Assessing *implementation* of your LWP

Comparing to a Model Policy

- Serves as a benchmark
- Assesses the strength of your policy
- Provides inspiration
- ADE LWP Assessment Comparison with a Model Policy tool available online
  - Appendix E, page 47 in your workbook
- WellSAT assessment meets this requirement

For Example…

If I signed up to run a 5k, I would

- Set a goal race time
- Compared my goal race time to other people's race times in my age group
- Now I have an idea of what good race times might be!

Assessing Implementation

- Measures district/school compliance with its own policy
- Tracks progress made towards the goals set
- Requires measurable goals and data collection
- Results must be made public

For Example…

If I signed up for a 5k, I would

- Set a personal goal (maybe based on the others I found)
- Compared my race time against the goal I set

Comparing to a Model Policy

Assessing *implementation* of your LWP

Triennial Assessments

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

Documentation

The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy,
- Documentation on how the policy and assessments are made available to the public,
- The most recent assessment of implementation of the policy, and
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy

The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates

The rule requires that LEAs must make available to the public:

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
- The Triennial Assessment, including progress toward meeting the goals of the policy.

What this means…

- Have your LWP and its most recent assessment available for your Administrative Review
- Document how your policy and assessments are publicized (website, newsletter, student handbook, etc.)
- Document how you have attempted to update or review the LWP (Wellness Committee meeting minutes)
- Publicize your wellness policy and its updates

If Simone Biles never competed in the Olympics, would she still be a great gymnast?

Of course! But no
one would know.

The Olympics did not make Simone a great gymnast, it let the world know that she already was a great gymnast and gave her a platform to do more great things.

THINK OF YOUR LOCAL WELLNESS POLICY ASSESSMENT AS A PLATFORM TO …

- Brag about what you already do well
- Provide strategies for improvement
- Grow your wellness program
- Recruit support

ADE ACTIVITY AND ASSESSMENT TOOL (AAT)

About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

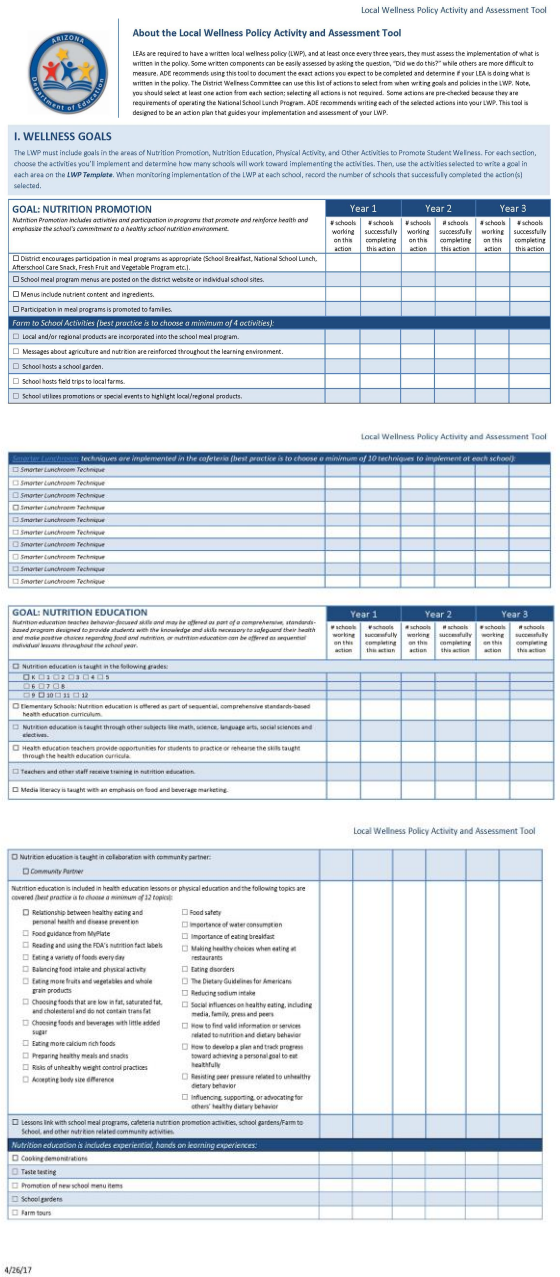
I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the ***LWP Template***. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
☐ School meal program menus are posted on the district website or individual school sites.						
☐ Menus include nutrient content and ingredients.						
☐ Participation in meal programs is promoted to families.						
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
☐ Local and/or regional products are incorporated into the school meal program.						
☐ Messages about agriculture and nutrition are reinforced throughout the learning environment.						
☐ School hosts a school garden.						
☐ School hosts field trips to local farms.						
☐ School utilizes promotions or special events to highlight local/regional products.						

ADE ACTIVITY AND ASSESSMENT TOOL

What it is	What it is NOT
• A tool to help you succeed • A pool of suggested goals • A possible format for creating an wellness policy addendum • A possible format for measuring the success of your wellness policy • Customizable to fit your district's needs	• A one-size-fits all template • Required for your Administrative Review • A checklist of required initiatives • A local wellness policy



Local Wellness Policy Activity and Assessment Tool

About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the ***LWP Template***. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
☐ School meal program menus are posted on the district website or individual school sites.						
☐ Menus include nutrient content and ingredients.						
☐ Participation in meal programs is promoted to families.						
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
☐ Local and/or regional products are incorporated into the school meal program.						
☐ Messages about agriculture and nutrition are reinforced throughout the learning environment.						
☐ School hosts a school garden.						
☐ School hosts field trips to local farms.						
☐ School utilizes promotions or special events to highlight local/regional products.						

Local Wellness Policy Activity and Assessment Tool

Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at each school):						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						
☐ *Smarter Lunchroom Technique*						

GOAL: NUTRITION EDUCATION *Nutrition education teaches behavior-focused skills and may be offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to safeguard their health and make positive choices regarding food and nutrition, or nutrition education can be offered as sequential individual lessons throughout the school year.*	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ Nutrition education is taught in the following grades:						
☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5						
☐ 6 ☐ 7 ☐ 8						
☐ 9 ☐ 10 ☐ 11 ☐ 12						
☐ Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.						
☐ Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.						
☐ Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.						
☐ Teachers and other staff receive training in nutrition education.						
☐ Media literacy is taught with an emphasis on food and beverage marketing.						

Local Wellness Policy Activity and Assessment Tool

☐ Nutrition education is taught in collaboration with community partner: ☐ *Community Partner*						
Nutrition education is included in health education lessons or physical education and the following topics are covered *(best practice is to choose a minimum of 12 topics)*: ☐ Relationship between healthy eating and personal health and disease prevention ☐ Food guidance from MyPlate ☐ Reading and using the FDA's nutrition fact labels ☐ Eating a variety of foods every day ☐ Balancing food intake and physical activity ☐ Eating more fruits and vegetables and whole grain products ☐ Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat ☐ Choosing foods and beverages with little added sugar ☐ Eating more calcium rich foods ☐ Preparing healthy meals and snacks ☐ Risks of unhealthy weight control practices ☐ Accepting body size difference ☐ Food safety ☐ Importance of water consumption ☐ Importance of eating breakfast ☐ Making healthy choices when eating at restaurants ☐ Eating disorders ☐ The Dietary Guidelines for Americans ☐ Reducing sodium intake ☐ Social influences on healthy eating, including media, family, press and peers ☐ How to find valid information or services related to nutrition and dietary behavior ☐ How to develop a plan and track progress toward achieving a personal goal to eat healthfully ☐ Resisting peer pressure related to unhealthy dietary behavior ☐ Influencing, supporting, or advocating for others' healthy dietary behavior						
☐ Lessons link with school meal programs, cafeteria nutrition promotion activities, school gardens/Farm to School, and other nutrition related community activities.						
Nutrition education is includes experiential, hands on learning experiences:						
☐ Cooking demonstrations						
☐ Taste testing						
☐ Promotion of new school menu items						
☐ School gardens						
☐ Farm tours						

4/26/17

HOW TO USE THIS TOOL

1. Choose the objectives best aligned to your policy & organization
2. Delete the rest!
3. Record the number of schools working on each item and completing the action

About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the ***LWP Template***. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
☐ School meal program menus are posted on the district website or individual school sites.						
☐ Menus include nutrient content and ingredients.						
☐ Participation in meal programs is promoted to families.						
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
☐ Local and/or regional products are incorporated into the school meal program.						
☐ Messages about agriculture and nutrition are reinforced throughout the learning environment.						
☐ School hosts a school garden.						
☐ School hosts field trips to local farms.						
☐ School utilizes promotions or special events to highlight local/regional products.						

About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the ***LWP Template***. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☒ District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
☒ School meal program menus are posted on the district website or individual school sites.						
[redacted]						
☒ Participation in meal programs is promoted to families.						
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
☒ Local and/or regional products are incorporated into the school meal program.						
☒ Messages about agriculture and nutrition are reinforced throughout the learning environment.						
[redacted]						
[redacted]						
☒ School utilizes promotions or special events to highlight local/regional products.						

WELLNESS GOALS

1. Nutrition Promotion
2. Nutrition Education
3. Physical Activity
4. Other Activities that Promote Student Wellness

About the Local Wellness Policy Activity and Assessment Tool

LEAs are required to have a written local wellness policy (LWP), and at least once every three years, they must assess the implementation of what is written in the policy. Some written components can be easily assessed by asking the question, "Did we do this?" while others are more difficult to measure. ADE recommends using this tool to document the exact actions you expect to be completed and determine if your LEA is doing what is written in the policy. The District Wellness Committee can use this list of actions to select from when writing goals and policies in the LWP. Note, you should select at least one action from each section; selecting all actions is not required. Some actions are pre-checked because they are requirements of operating the National School Lunch Program. ADE recommends writing each of the selected actions into your LWP. This tool is designed to be an action plan that guides your implementation and assessment of your LWP.

I. WELLNESS GOALS

The LWP must include goals in the areas of Nutrition Promotion, Nutrition Education, Physical Activity, and Other Activities to Promote Student Wellness. For each section, choose the activities you'll implement and determine how many schools will work toward implementing the activities. Then, use the activities selected to write a goal in each area on the ***LWP Template***. When monitoring implementation of the LWP at each school, record the number of schools that successfully completed the action(s) selected.

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	Year 1		Year 2		Year 3	
	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action	# schools working on this action	# schools successfully completing this action
☐ District encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
☐ School meal program menus are posted on the district website or individual school sites.						
☐ Menus include nutrient content and ingredients.						
☐ Participation in meal programs is promoted to families.						
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
☐ Local and/or regional products are incorporated into the school meal program.						
☐ Messages about agriculture and nutrition are reinforced throughout the learning environment.						
☐ School hosts a school garden.						
☐ School hosts field trips to local farms.						
☐ School utilizes promotions or special events to highlight local/regional products.						

DISTRICT POLICIES

1. School Meal Standards
2. Competitive Foods and Beverages
3. Celebrations and Rewards
4. Food and Beverage Marketing

II. DISTRICT POLICIES

In each of the following sections, select and/or describe the policies that will apply to all schools in the district. Some of the policies are required and thus, already selected. Then, write the selected policies in the ***LWP Template***. When you monitor implementation, you will report on how many schools comply with the district policies, or if the district as a whole is in compliance with the policy.

DISTRICT POLICY: SCHOOL MEALS STANDARDS *At a minimum, the school meal standards should meet the New Meal Pattern requirements. LEAs can establish additional standards important to the district. This section should also include standards for the meal service area, menu composition (use of local produce) and guidelines for water availability during meals.*	Year 1 **% of schools in compliance**	Year 2 **% of schools in compliance**	Year 3 **% of schools in compliance**
National School Lunch Program			
☒ All schools in the district participate in the National School Lunch Program.			
☒ Lunch meals served meet the new meal pattern requirements including minimum requirements for fruits, vegetables (and subgroups), whole-grain rich foods, meat/meat alternates and 2 varieties of milk.			
☐ ____ percent of lunch items will be prepared from scratch or made on site.			
☐ Students are served lunch at a reasonable and appropriate time of the day.			
☐ Lunch follows recess to better support learning and healthy eating.			
☐ Students have adequate time to eat: ☐ Students have 10 minutes of seated time ☐ Students have 20 minutes of seated time ☐ Students have 30 minutes of seated time (ADE best practice) ☐ Students have ___ minutes of seated time			
School Breakfast Program			
☐ All schools in the district participate in the School Breakfast Program.			
☒ Breakfast meals served meet the new meal pattern requirements including minimum requirements for fruits/vegetables, whole-grain rich foods, and 2 varieties of milk.			
☐ The district encourages schools to provide breakfast in the classroom or via mobile grab and go carts.			
School Meal Standards meet the following additional guidelines established by the district:			
☐ Meals are appealing and attractive to students.			
☐ Meals are served in clean and pleasant settings.			
☐ Local and/or regional products are incorporated into the school meal programs.			
☐ Fresh fruits and vegetables are served ____ times per week.			
☐ Flavored milk is not served; District only offers low fat and fat free plain milk.			

DISTRICT WELLNESS COMMITTEE

1. Committee Role and Membership
2. Leadership

III. DISTRICT WELLNESS COMMITTEE

The District is required to convene a representative district wellness committee that meets to establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

COMMITTEE ROLE AND MEMBERSHIP *The district must notify the public of their ability to participate in the LWP process. LEAs should establish details of how the LWP will be convened and how it will operate.*	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
☒ District convenes a representative district wellness committee (DWC).						
☐ District Wellness Committee meets ____ times per year.						
☒ The public is notified of their ability to participate in the district wellness committee.						
The public is notified of their ability to participate in the district wellness committee using the following methods:						
☐ Email						
☐ Notices on district website						
☐ Newsletters						
☐ Presentations to parents						
☐ Sending information home via flyers						
☐ *Other:*						
☒ DWC *actively recruits* representation from:						
☒ All school levels (elementary, middle, high)						
☒ Parents/Caregivers						
☐ Students						
☐ Representative from School Nutrition Programs						
☐ Physical education teacher						
☐ Health education teacher						
☐ School health professionals (nurses)						
☐ Mental health and social services staff (counselors, psychologists, social workers)						
☐ Administrators						
☐ School board members						

IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

1. Implementation Plan
2. Triennial Progress Assessments
3. Revisions and Updating
4. Notification
5. Recordkeeping

IV. IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND NOTIFICATION

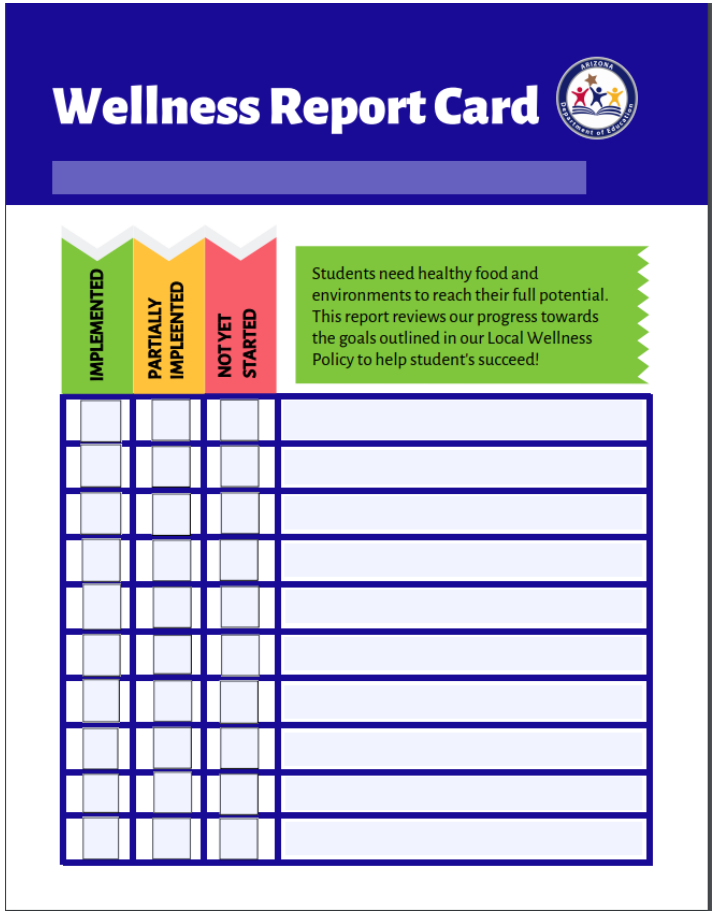
Convening a district wellness committee and writing the policy is the first step in the LWP process. However, districts are also responsible for implementing, monitoring, and notifying the public about the LWP. Annual reviews and updates to the policy are recommended, while a thorough assessment of compliance is required every three years.

IMPLEMENTATION PLAN *Once the wellness policy is written, the district will need to communicate to the goals and policies to all schools. Schools will then implement the policies and begin working toward the goals as appropriate. The implementation of the policies should be consistent across all schools, but the actions that work toward meeting the goals may vary from school to school.*	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
☐ Schools conducted a school-level assessment prior to developing an implementation plan. The assessment used was: ☐ The Alliance for a Healthier Generation Healthy Schools Program; ☐ The School Health Index ☐ Action for Healthy Kids Game On program ☐ Other program:_____						
☐ The district has a plan for implementation to manage and coordinate the execution of this wellness policy at each school.						
☐ The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.						

TRIENNIAL PROGRESS ASSESSMENTS *At least once every three years, the District must assess compliance with their wellness policy and assess progress toward meeting the goals of the wellness policy.*	Year 1		Year 2		Year 3	
	YES	NO	YES	NO	YES	NO
☒ At least once every three years, the district evaluates compliance with the wellness policy.						
The evaluation includes:						
☒ The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy.						
☒ The extent to which the district's policy compares to the a model policy						
☒ A description of the progress made in attaining the goals of the district's wellness policy.						
☒ The district designated a person responsible for managing the triennial assessment: This designee is:_____						

Publishing Assessment Findings

ADE has tools available for publishing your assessment findings



Wellness Report Card

Disneyland Elementary School District

Students need healthy food and environments to reach their full potential. This report reviews our progress towards the goals outlined in our Local Wellness Policy to help student's succeed!

IMPLEMENTED	PARTIALLY IMPLEMENTED	NOT YET STARTED	
✔			School menus include nutrient content and ingredients.
	✔		Local and/or regional products are incorporated into the school meal program.
	✔		More than one type of fruit is offered daily.
		✔	Teachers and other staff receive training in nutrition education.
✔			Physical activity is available for at least 30 minutes per day for all students.
✔			Students have opportunities to participate in physical activity before and after school.
✔			Recess is offered before lunch.
		✔	Parents and teachers receive a list of healthy party ideas, including non-food celebration ideas.
	✔		District Wellness Committee meets at least 4 times per year.
		✔	All schools operate Breakfast in the Classroom or Grab 'N' Go Breakfast models.

School Wellness Progress Comments

Highlights

This year we continued to make nutrient content and ingredients available for parens and students. We increased the minimum amount of physical activity available to students daily to 30 minutes, and opened our playground for thirty minutes before and after school for all students.

Another big move was moving recess before lunch! This helps students be more active during recess and more ready to eat during lunch!

A consistent goal of our district that was not included in our chart is the promotion of school gardens. We continued to have school gardens at three sites. Also, all meals served in our programs meet National School Lunch Program food and nutrient standards.

Areas for Growth

We began promoting regional products in our school menus about once a month, but would like to make this a more frequent practice. We currently offer two types of fruit at lunch, but only one option at breakfast. Our district wellness committee met four times this year, but may have been more productive with monthly meetings.

Though we hoped to provide nutrition education to our teachers and kitchen managers, we were unable to do so this year. Next year we plan to utilize ADE's upLIFT content to provide nutrition education to our kitchen managers and will be seeking a partner organization to provide nutrition education to teachers. We hope to compile our list of healthy party ideas for teachers and parents next year, and move a few more schools to Breakfast in the Classroom or Grab 'N' Go Breakfast to encourage higher student breakfast consumption.

Publishing Assessment Findings

- Neither ADE template is required
- LEAs are welcome to create their own report template
- Reports may be published to a website, sent home with families, available in the school office, etc.

SHARING THEIR EXPERIENCE

Humboldt Unified School District
Concordia Charter School
Deer Valley Unified School District

Local Wellness Policy Assessment:
Making it Meaningful at Humboldt Unified School District

About Me: Rebecca Kraxberger

- Registered Dietitian & School Nutrition Specialist, Certified Trainer for SNA
- Current Wellness Coordinator for Humboldt Unified School District
  - Grant funded through the Leaders for School Wellness Subgrant
- A chance to pioneer something new in the state of AZ!

About HUSD

- We're the "medium sized" school district who received the Leaders for Wellness Subgrant
- 10 schools
  - 1 preschool
  - 5, K-6 Schools
    - Collect grant data for 2 of these schools
  - 1, K-8 School
  - 2 Middle Schools (7-8)
  - 1 High School (9-12)
- The grant focuses on 4th & 5th grade students

Primary Research Question

What is the impact of a multi-level intervention on student nutrition attitudes, knowledge, and behavior?

My Role

HEALTHY, HAPPY, HUMBOLDT

- Work with the Food & Nutrition Department on ways to offer appealing and nutritious school meals.
- Work with teachers & community partners to provide nutrition education & promotion.
- Partner in building a school environment that promotes healthy eating & healthy living.

All of my roles are filtered through the Local Wellness Policy

STUDENT WELLNESS

The School District strives to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

A. *Nutrition Guidelines*: All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

B. *Nutrition Education*: The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

C. *Physical Activity/Recess*: The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

"*Recess*," as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).

2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.

3. The school District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.

4. The District is not required to extend the school day to meet this recess requirement.

5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

D. *Sunscreen*: The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

E. *Other School-Based Activities*: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Evaluation/Implementation*: A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Such evaluation will be measureable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

G. *Parent, Community and Staff Involvement*: A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review.

Yes, but how?

Develop Best Practices to Implement concepts in the Local Wellness Policy

ASDA
Arizona School Boards Association

Search for: wellness

PRINT . HELP . HOME . LOGIN

< Prev Doc | Next Doc > | < Prev Hit | Next Hit > | < Prev Hit Doc | Next Hit Doc > | Document Location | Support Documents

Document | Advanced Search | Search 1 - 18 hits

STUDENT WELLNESS

The School District strives to make a significant contribution to the general well being, mental and physical capacity, and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

A. *Nutrition Guidelines:* All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

B. *Nutrition Education:* The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

C. *Physical Activity/Recess:* The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

"Recess," as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and g
during the school day for pupils in kindergarten programs and grades one (1) through five (5).

2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the scho

3. The school District may count a pupil's participation in a physical education course during a school day as one (1) of the

4. The District is not required to extend the school day to meet this recess requirement.

5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

D. *Sunscreen:* The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a student who attends school in this District may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

E. *Other School-Based Activities:* The goal is to create a total school environment that is conducive to healthy eating and physical activity.

F. *Evaluation/Implementation:* A primary goal will be to regularly (at least annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase its effectiveness. Such evaluation will be measureable. The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a description/summary of the progress made in attaining the goals of the District, shall be made available to the public. Physical education teachers and school health professionals shall have an opportunity to participate in the evaluation and implementation of this policy.

G. *Parent, Community and Staff Involvement:* A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

The Superintendent is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, after-school programs, and funding-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. The Superintendent shall institute and clearly communicate a meal charge policy to all District households and District staff responsible for policy enforcement that is consistent with aspects of the Healthy Hunger-Free Kids Act of 2010 applicable to the District. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy subject to Governing Board review.

HHH

Humboldt Unified School District

Local Wellness Policy Best Practices

Summary: These guidelines help Humboldt Unified School District (HUSD) schools to know what is required by policy and what is strongly encouraged in order to improve health and wellness in our schools. These topics address federal laws, as well as district policies. These guidelines support school alignment with the District Wellness Policy.

For questions or support, please contact rebecca.kraxberger@humboldtunified.com

Nutrition & Foodservice Promotion

All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools

	s	Required	Strongly Encouraged
	HUSD encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, After School Care Snack, Fresh Fruit and Vegetable Program etc.).	✓	
Fo rvice	Participation in meal programs is promoted to families.	✓	
Foodservice	HUSD Menus' nutrient content and ingredients are available to students, staff & parents on HUSD Website.	✓	
Foodservice	The following Smarter Lunchroom Techniques are implemented in HUSD Cafeterias everyday: *Fruit:* • At least two kinds of fruit are offered. • Sliced or cut fruit is offered. *Vegetables:* • Cut, raw vegetables, are offered, and are paired with a low-fat dip such as ranch, hummus, or salsa • A serving of vegetables is incorporated into an entrée item at least once a month. *Salad*	✓	

GOAL

To implement District Wide Best Practices for implementing the Local Wellness Policy

Humboldt Unified School District

Local Wellness Policy Best Practices

Summary: These guidelines help Humboldt Unified School District (HUSD) schools to know what is required by policy and what is strongly encouraged in order to improve health and wellness in our schools. These topics address federal laws, as well as district policies. These guidelines support school alignment with the District Wellness Policy.

For questions or support, please contact rebecca.kraxberger@humboldtunified.com

---

Nutrition & Foodservice Promotion

All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools

Topic	Details	Required	Strongly Encouraged
Foodservice	HUSD encourages participation in meal programs as appropriate (School Breakfast, National School Lunch, After School Care Snack, Fresh Fruit and Vegetable Program etc.).	✓	
Foodservice	Participation in meal programs is promoted to families.	✓	
Foodservice	HUSD Menus' nutrient content and ingredients are available to students, staff & parents on HUSD Website.	✓	
Foodservice	The following Smarter Lunchroom Techniques are implemented in HUSD Cafeterias everyday: *Fruit:* • At least two kinds of fruit are offered. • Sliced or cut fruit is offered. *Vegetables:* • Cut, raw vegetables, are offered, and are paired with a low-fat dip such as ranch, hummus, or salsa • A serving of vegetables is incorporated into an entrée item at least once a month. *Salad*	✓	

Implement LWP Best Practice

Student birthdays should only be recognized with non-food celebrations.

HEALTHY, HAPPY, HUMBOLDT

Classroom Celebration GUIDELINES

Questions? Contact Rebecca Kraxberger HUSD Wellness Coordinator 759-5018

HUSD Wellness Policy Best Practice

As required by law, Humboldt Unified School District's Wellness Policy and Guidelines include standards for foods shared in schools.

WHY?

Improve Nutrition
Address Allergies
Promote Equity
Protect Family Decisions on Food

If you want to qualify as a H3 School, student birthdays should only be recognized with non-food celebrations.

Healthy Ideas from Healthy, Happy, Humboldt

Purchase a football, soccer ball or basketball and have students sign it and use it at recess!

Purchase a book from the book fair and have it dedicated to the birthday student and keep in class.

Let the birthday student pick the game that's played at recess that day

Have a outdoor bubble party

Do an art project to make cards or a coloring project

Wear a sash or crown, sit in a special chair while class sings

Contact the Child Nutrition Department to rent the Healthy Happy Activity Pack FREE of charge.
First come first serve.
Can be rented in 24 hour increments.
Healthy Happy Activity Pack Includes:
Classic Flying Discs (6) Fleece Balls (6), Square Beanbags (12) Ribbon Wands (6), Assorted Balls (10), Small Parachute (12 handles) Large Parachute (20 handles), Ultra Catch Scoops (6 sets), Jump Twists (15)
Please contact Pam at 759-5017 to reserve.

ACTIONS FOR SCHOOLS

Clearly communicate these standards with families and engage family groups

Work with students to determine other non-food options for celebrating birthdays

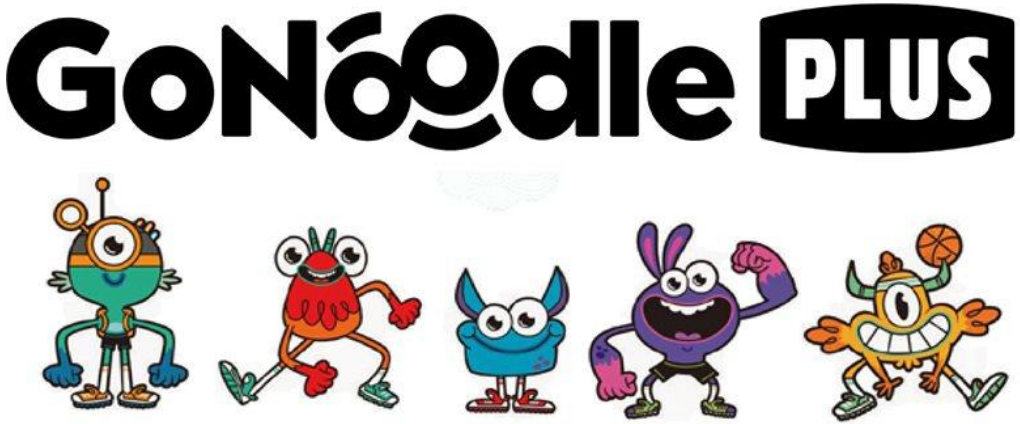
Ask families to not bring in food to share (this does not apply to food for individual consumption)

To access the full Wellness Policy and Guidelines visit: https://www.humboldtunified.com/apps/pages/index.jsp?uREC_ID=108445&type=d&termREC_ID=&pREC_ID=214212

Thank you for keeping Humboldt students Healthy & Happy!

Implement LWP Best Practice

- Implement movement breaks in classrooms
- GoNoodle Plus Contests
  - Sponsored by our local hospital, YRMC
  - School & classroom who increased their number of GoNoodle Plus minutes & users win prizes.



Assessing the Local Wellness Policy

Converted Word AAT into a Google Form

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

School Name:

HOW TO COMPLETE THIS ASSESSMENT

Only complete the columns for the *current* year, but save for future years.

- ✓ Check **"working on this"** if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal.
- ✓ Check **"successfully completed"** if your school fully implements this goal.

I. WELLNESS GOALS

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	Year 1		Year 2		Year 3	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
Encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack, Fresh Fruit and Vegetable Program etc.).						
School meal program menus are posted on the district or school website.						
Menus include nutrient content and ingredients.						
Participation in meal programs is promoted to families.						
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
Local and/or regional products are incorporated into the school meal program.						
Messages about agriculture and nutrition are reinforced throughout the learning environment.						
School hosts a school garden.						
School hosts field trips to local farms.						
School utilizes promotions or special events to highlight local/regional products.						
Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at each school):						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						
Smarter Lunchroom Technique						

Local Wellness Policy Activity & Assessment Survey SY 18-19

To be completed annually by school administrators with the help of any school staff that may be involved with any aspect of student wellness per Policy # J-4950 © JL This tool is meant to be a collaborative effort between you and your staff.

The primary goal of this assessment, which has been developed by the ADE, is to assess and evaluate the effectiveness of the Local Wellness Policy at each school in promoting healthy eating and changing the program as appropriate to increase its effectiveness. The survey results will help the HUSD School Health Advisory Committee better understand and serve the wellness needs of our families and students.

The results of each evaluation, including the extent to which schools are in compliance with District policy, the extent to which the District policy complies with federal regulations, and a [illegible] of the progress made in attaining the goals of the District, shall be made [illegible].

A report of findings will be reviewed with each school site administrator within two weeks of the completion of the evaluation. In addition, the results will be shared with the HUSD School Board the May 2019 Meeting.

This evaluation needs to be completed by May 3, 2019.

Please contact HUSD's Wellness Coordinator, Rebecca Kraxberger at 759-5018 or rebecca.kraxberger@humboldtunified.com with any questions you have about the survey.

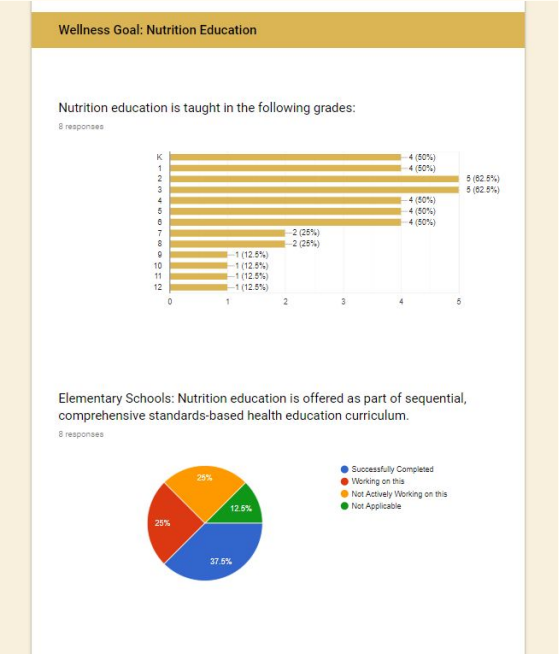
Thank you.

Your email address (**rebecca.kraxberger@humboldtunified.com**) will be recorded when you submit this form. Not you? Switch account

School Name

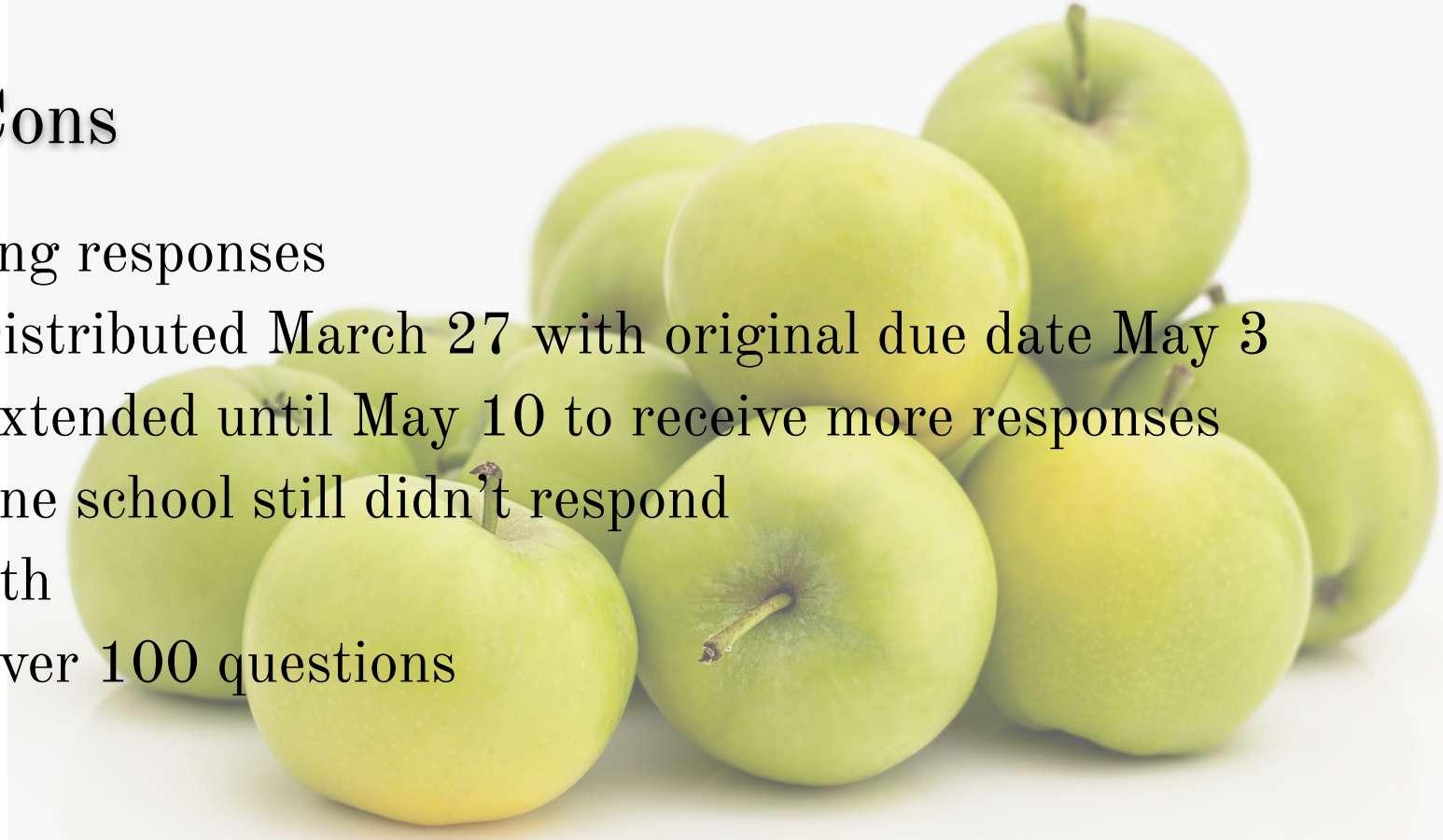
Assessing the Local Wellness Policy

Can see consolidated District-wide responses.



AAT Cons

- Getting responses
  - Distributed March 27 with original due date May 3
  - Extended until May 10 to receive more responses
  - One school still didn't respond
- Length
  - Over 100 questions



Recognized Individual Schools as H3 Schools

HEALTHY, HAPPY, HUMBOLDT

An “H3 School” goes above and beyond the requirements of the HUSD Wellness Policy to implement Healthy, Happy, Humboldt Best Practices. It is our desire to award each school “H3 School recognition” for their implementation of best practices.

Recognized Individual Schools as H3 Schools

- Based on the number of questions answered as “successfully completed” on the AAT
- Schools that implement ___% of the recommended best practices earn:
  - 50%- Bronze Apple recognition- LVES, HES, GES & BMMS
  - 60%- Silver Apple recognition- BMHS, LTS
  - 75%- Gold Apple recognition- CSES
  - 90%- Platinum Apple recognition

Recognized each school at end of year School Board Meeting and in monthly Wellness Newsletter.

HUSD Wellness Coaches

HEALTHY, HAPPY, HUMBOLDT

- Grant provided the ability to hire 6 Wellness Coaches at our K-8 schools.
- Offer each coach a $1,000 stipend to assist in grass roots wellness initiatives at their schools
  - All have identified wellness initiatives that they would like to work on end implement throughout school year.
  - Most wrote an application for funding from the Fuel Up to Play 60 Program to assist in wellness initiatives.
  - Attended the scheduled SHAC meetings to represent their schools
- I encourage you to identify a “coach” for each of your schools

Host a District Wide Student Health Advisory Committee (SHAC)

HEALTHY, HAPPY, HUMBOLDT

- ★ Representatives from the entire school community are invited to attend and help us improve and implement the wellness policy and build a culture of wellness in our schools
- ★ Hold 5 meetings throughout school year
- ★ Meetings held at different schools in order to increase involvement of people at those sites.
- ★ Generally attended by the Wellness Coaches and Our AZ Health Zone Partners.

What would I do if I ruled the world?

Create open-ended essay questions utilizing the LWP for individual schools to answer.

HEALTHY, HAPPY, HUMBOLDT

Thank you!

Making the healthy choice the easy choice

LOCAL WELLNESS POLICY ASSESSMENT:

Making it Meaningful

Rachel Gomez-Acosta, M.B.A.
Wellness Coordinator

Nutrition Services Manager/Director for 7 years

ABOUT CONCORDIA

- Small public charter
- 1 site LEA
- Grades Early Kinder-6
- About 130 students
- Operates SBP, NSLP, FFVP, Farm to School
- On-site meal prep
- 3 Nutrition Services staff
- PE teacher/Librarian

Concordia Charter School

LWP ASSESSMENT: PRE AAT

- SHAC (formerly called Wellness Advisory Board) met in spring/summer to review implementation and make recommendations
- BORING!
- Difficult to track successes and identify weaknesses
- Didn't have a way to tell our story

Snapshot of LWP pre-AAT

SUCCESSES:

- Nutrition standards in meal program/ HHFKA compliance
- FFVP participation
- No competitive foods
- Staff wellness- modeling
- Recess before lunch
- Elimination of food/junk food rewards

GROWTH AREAS:

- Standardize PE program
- Eliminate “exempt” fundraising
- Increase meal time
- Smarter Lunchroom implementation
- Farm to School/ Garden program
- Nutrition education

Along comes the Activity Assessment Tool (AAT)

Initial reaction: I'm overwhelmed!

A few minutes later: This is AWESOME!

Thoughts on the AAT:

- Tool provides a VERY detailed framework to both BUILD and ASSESS the LWP & is based on model policy
- By tracking 3 years at a time, it's a visual representation of where we're making progress and where we're still "stuck"
- Judgement-free zone
- Helped me engage other staff involved with LWP
- Printed both AAT and Report for all-staff training, helped them see what keeps me busy!
- Success: one staff member saw an area of implementation we're struggling with and offered to help!

Moving forward: I'd like to add a box for "still rocking it!!" on fully implemented components to keep us accountable

LWP REPORT

- Another template to make my work easier (honestly!!)
- Had some difficulty navigating the text boxes
- This is our bragging piece
- Useful for engaging staff, parents, and other stakeholders

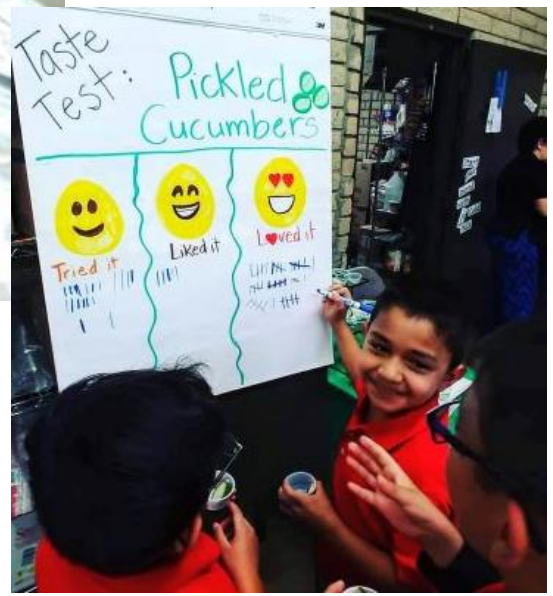
LWP Success: School Garden

Concordia Charter School

SCHOOL HEALTH ADVISORY COUNCIL

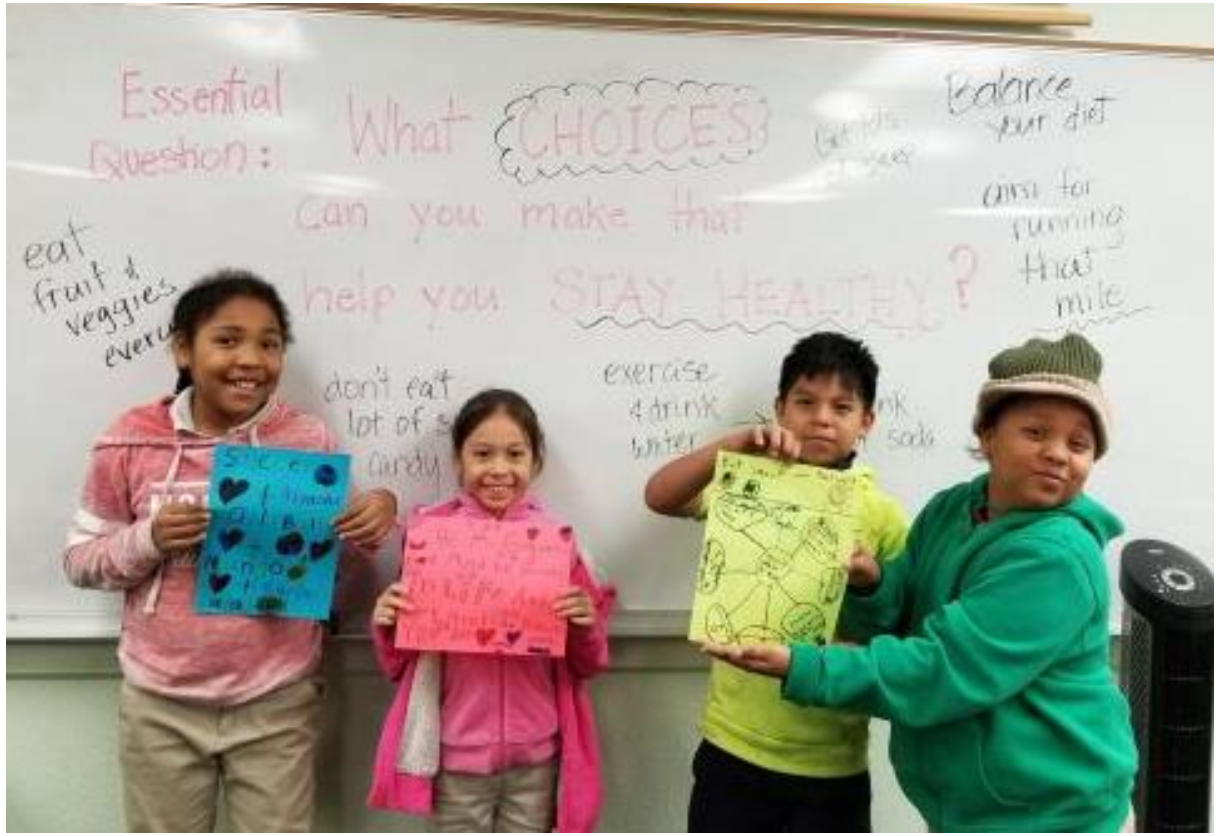
LWP Success: SHAC

LWP Success: Smarter Lunchroom



LWP Success: Harvest of the Month

LWP Success: Healthy Fundraiser



LWP Success: Nutrition Education

FINAL THOUGHTS:

- Dream big, start small
- Use AAT & Report to share your story and build support
- Focus on a specific goal and go from there
- Build partnerships
- Celebrate. Often!
- Smaller schools- seek out your champions & ask for help

Concordia Charter School, Inc.
142 N. Date Street, Mesa, AZ 85201
480-461-0555

Connect with us!

concordiacharter.org

@concordiacharterschool

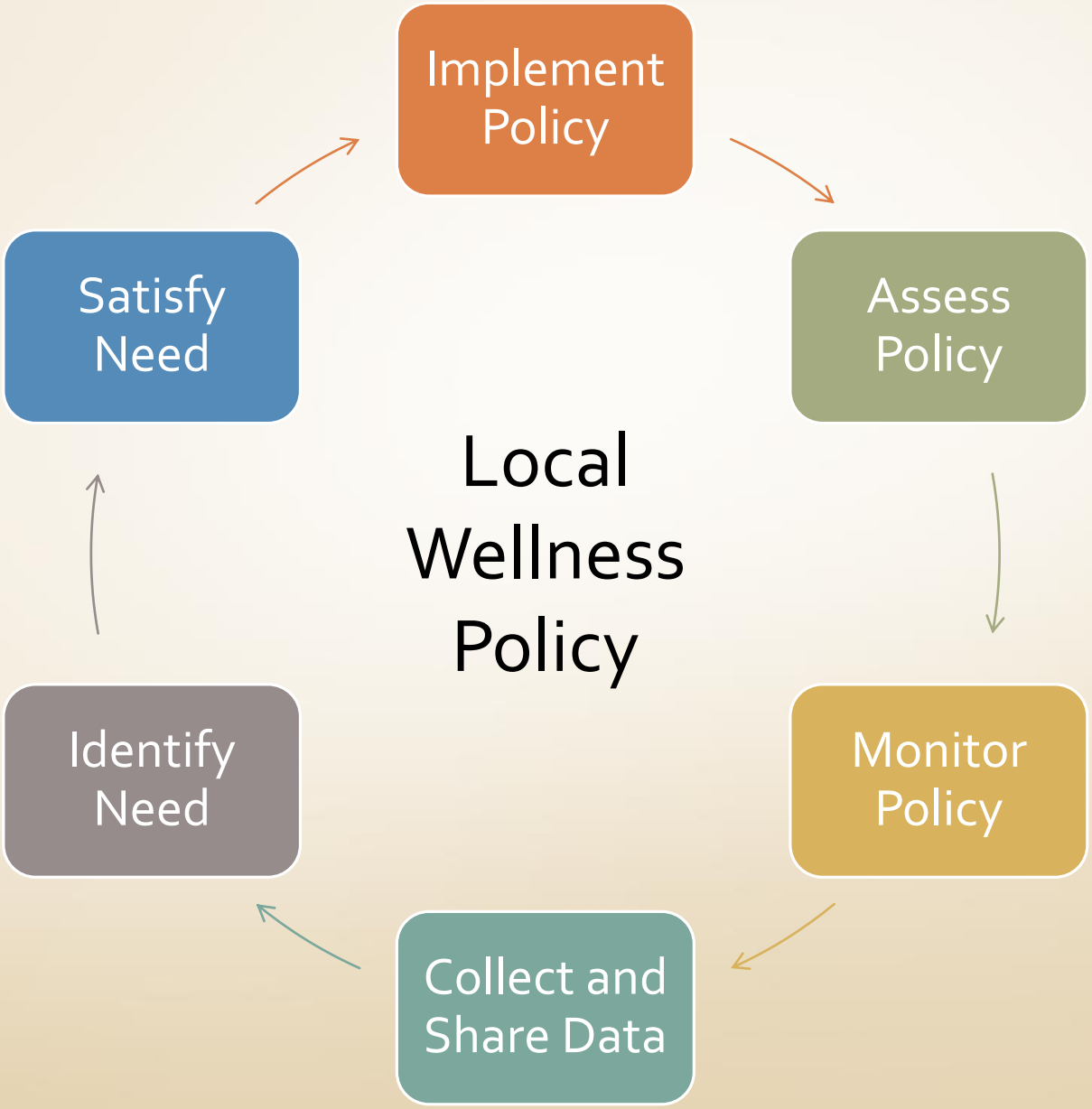
@concordiacharterschoolmesa

Thank You!

Local Wellness Policy

"Making It Meaningful"

DEER VALLEY
Unified School District


Implement Policy
Assess Policy
Monitor Policy
Collect and Share Data
Identify Need
Satisfy Need
Local Wellness Policy

Implementing Policy

- PE Teachers
- School Nutrition Services
- Students
- Parents
- School Nurses
- School Board
- Principals
- School Counselors
- Community Leaders

Implementing Policy

Assessing Policy

School Version of the ADE Local Wellness Policy Activity & Assessment Tool

School Name: Park Meadows

HOW TO COMPLETE THIS ASSESSMENT

Only complete the columns for the *current* year.

- ✓ Check **"working on this"** if your school staff meets about, makes plans, or otherwise takes steps to try to meet this goal.
- ✓ ONLY Check **"successfully completed"** if your school fully implements this goal.

I. WELLNESS GOALS

GOAL: NUTRITION PROMOTION *Nutrition Promotion includes activities and participation in programs that promote and reinforce health and emphasize the school's commitment to a healthy school nutrition environment.*	2017-2018		2018-2019		2019-2020	
	working on this	successfully completed	working on this	successfully completed	working on this	successfully completed
School encourages participation in meal programs (School Breakfast, National School Lunch, Afterschool Care Snack).				✓		
School meal program menus are posted on the school website.		✓		✓		
Nutrients for K-8 menus are posted on the district website www.DVUSD.org/nutrition.		✓		✓		
Participation in meal programs is promoted to families at each school.		✓		✓		
Farm to School Activities (best practice is to choose a minimum of 4 activities):						
Local and/or regional products are incorporated into the school meal program.		✓		✓		
Messages about agriculture and nutrition are reinforced throughout the learning environment.			✓			
School hosts a school garden.						
School hosts field trips to local farms or holds farm based activities/assemblies.				✓		
District highlights local/regional products.		✓		✓		
Smarter Lunchroom techniques are implemented in the cafeteria (best practice is to choose a minimum of 10 techniques to implement at each school):						
Sliced or cut fruit is offered.		✓		✓		

Monitoring Policy

Collecting and Sharing Data

DVUSD Wellness Policy Report
Activity and Assessment Tool **2018-2019**

Wellness goals **met** this school year:

- ✓ **All** DVUSD schools completed ADE's Activity and Assessment Tool.
- ✓ **All** DVUSD schools are Team Nutrition Schools.
- ✓ **All** DVUSD schools provide formal, age-appropriate physical education.
- ✓ **All** DVUSD schools participate in the National School Lunch Program.
- ✓ **All** foods and beverages served in K-8 schools are Smart Snack Compliant.
- ✓ Twelve DVUSD schools host a school garden.

55% of schools provide information to families about the benefits of, and approaches to, healthy eating and physical activity.

42% of schools have a wellness policy lead (separate or in conjunction with the Wellness Champion role).

34% of schools have a wellness committee (School Health Advisory Committee - SHAC).

Top wellness policy implementation barriers:

- Not enough time
- Limited support from staff/admin.
- Staff pulled in too many directions
- Wellness goals compete with tradition
- Lack of resources

Wellness goals DVUSD is **working on**:

97% of DVUSD schools offer at least one taste test per school year (up from 80%).

Mirage Elementary
Wellness Policy Report **2018-2019**

Wellness goals **MET** this school year:

Nutrition

- ✓ Participation in meal programs is promoted to families at school.
- ✓ At least 10 Smarter Lunchroom Techniques are implemented.
- ✓ Fourth and fifth grades received monthly nutrition education lessons.
- ✓ Four vegetable sub-group taste tests were conducted.
- ✓ In-class food demonstrations were provided by Executive Chef Cory Oppold (partner with the Blue Watermelon Project).
- ✓ Maricopa County community partnership provided nutrition education to first grade.

School Wellness Lead: Shanea Miles

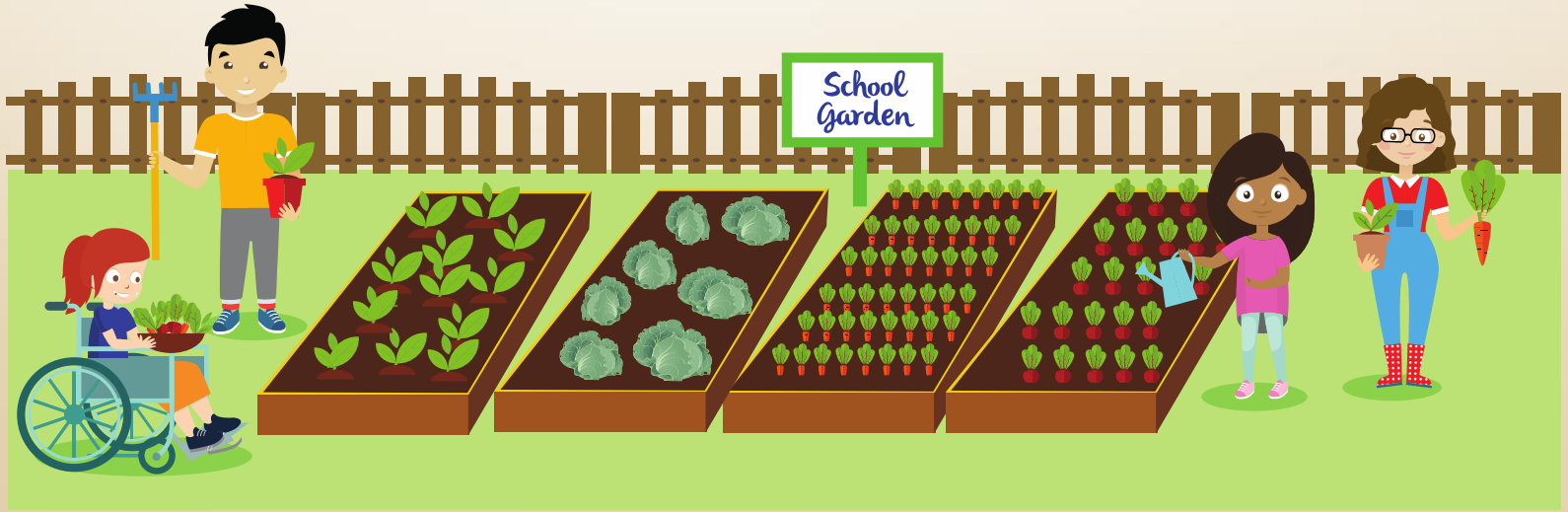
Wellstyles Employee Wellness Champion: Shanea Miles

School Health Advisory Committee: Yes

Wellness goals **in progress**:

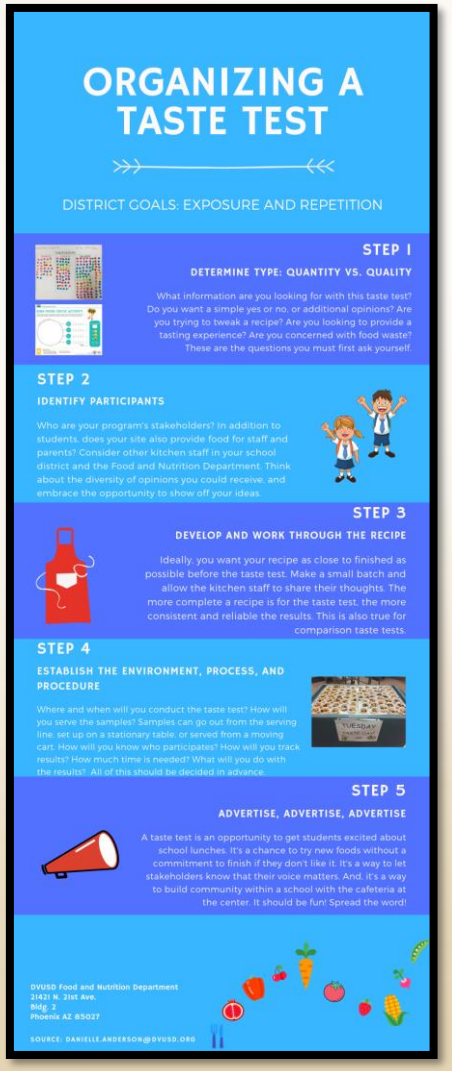
K-5 students receive at least two recess periods on all days of the school year.

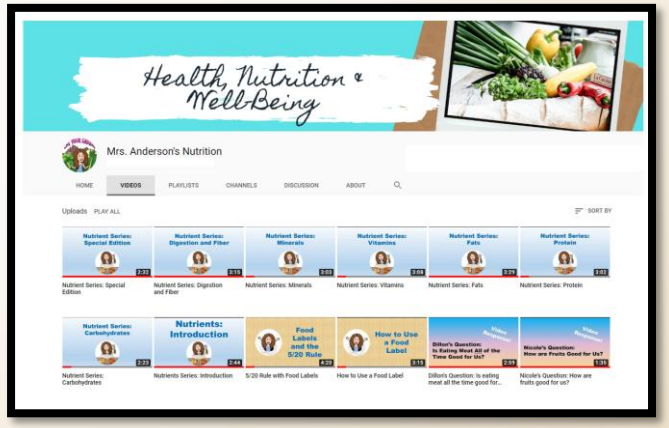
Identifying Need

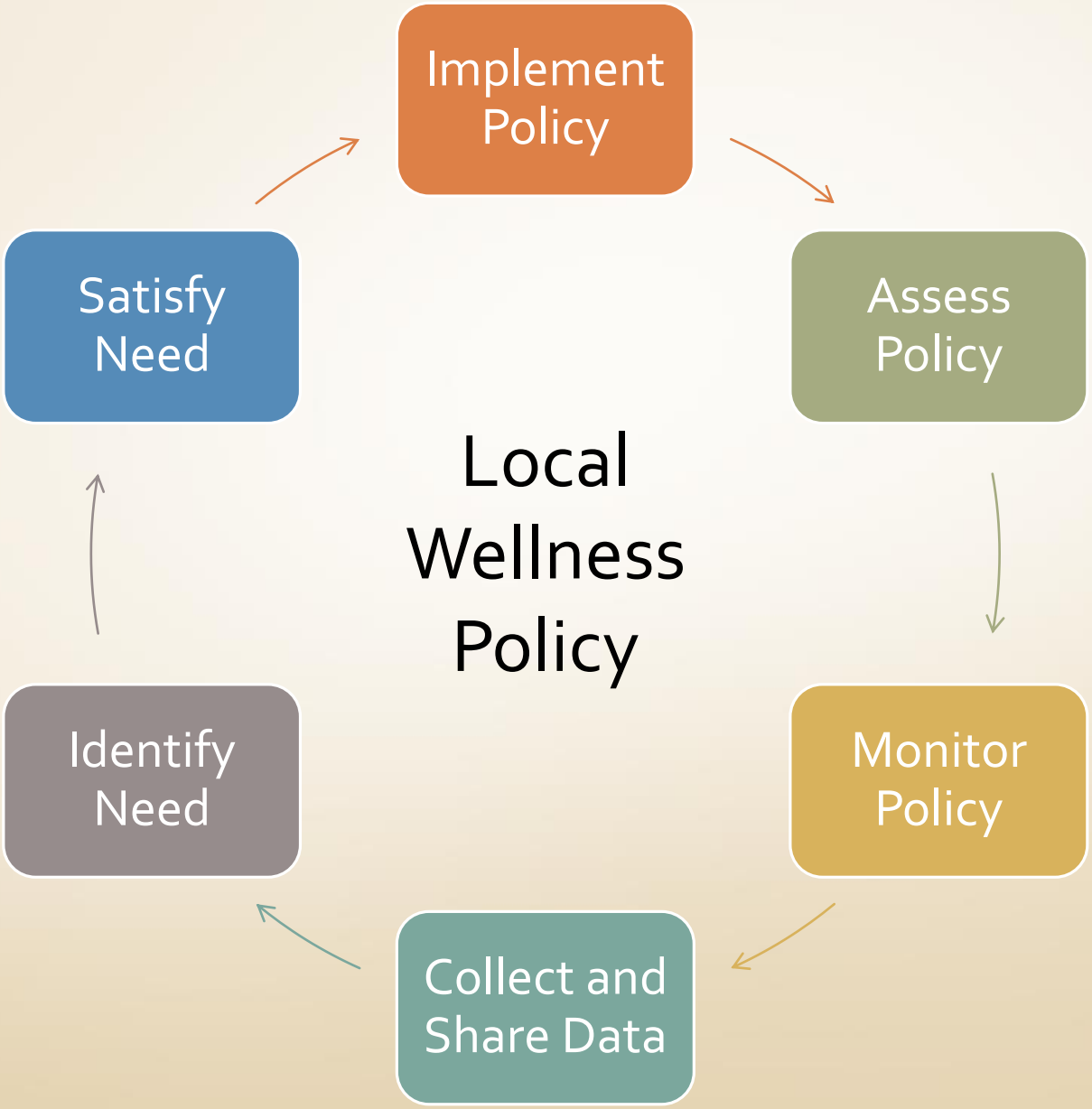


Satisfying Need

Satisfying Need






Implement Policy
Assess Policy
Monitor Policy
Collect and Share Data
Identify Need
Satisfy Need
Local Wellness Policy

Resources:

- USDA Local Wellness Policy Outreach Toolkit
- DVUSD.org

Danielle Anderson, M.Ed., NDTR

DVUSD Wellness Specialist

Danielle.Anderson@DVUSD.org

QUESTIONS AND ANSWERS

Please type all questions directly into the chat box in Blackboard.

Congratulations!

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: ***Recorded Webinar: Local Wellness Policy Assessment: Making it Meaningful***
- Key Area: 2000 - Operations
- Learning Codes: 2310
- Length: 1.5 hour

Please Note:
Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.
**This will not appear in your Event Management System (EMS) Account.*

https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey

The information below is for your reference when completing the survey:
Training Title: ***Recorded Webinar: Local Wellness Policy Assessment: Making it Meaningful***
Learning Codes: 2310