

Local School Wellness Policy Refresh!

Does your district's Local School Wellness Policy need an update?

Now is a great time to bring your school community together to create strong school environments that support students' growth, learning, and well-being.



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Renew

- Identify a Local School Wellness Policy Coordinator for your district if it does not already have one.
- Invite school administration, students, parents, school nutrition staff, teachers, coaches, nurses, and community members to be a part of your district's wellness committee.
- Spread the word using Team Nutrition's Local School Wellness Policy Outreach Toolkit: fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit.



Strengthen

- Compare your district's policy to a model policy, like one of the ones listed here: fns.usda.gov/tn/implementation-tools-and-resources.
- Review findings from recent wellness policy assessments, such as a triennial (3-year) assessment, if applicable.
- Update your policy to include standard wellness practices your district is already doing. For example, add breakfast-in-the-classroom practices to your policy.
- Propose policy updates to your school administration and get their support.



Energize

- Assign roles and responsibilities for putting the policy into action at the district and school level.
- Educate school administration, staff, and families about the policy.
- Identify wellness champions at each school in your district.
- Build excitement by sharing examples of how the district is engaging students, families, staff, and principals in school wellness activities.



Nourish

- Meet with your wellness committee several times per year to discuss how your district is meeting (or not meeting) its wellness policy goals.
- Spotlight school successes and acknowledge the efforts of school wellness champions.
- Plan for the required triennial (3-year) assessment of your policy. Learn more about it at: fns.usda.gov/tn/implementation-tools-and-resources.

