

Strategies for Implementing Local School Wellness Policies

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Learning Objectives

After this session, participants will:

- Be able to explain the requirements for local school wellness policies, as mandated by the Healthy, Hunger-Free Kids Act of 2010.
- Discuss training and technical assistance needs identified by key stakeholders for implementing, monitoring, and evaluating local school wellness policies.
- Gain ideas on how to successfully implement, monitor, and evaluate local school wellness policies.
- Be able to access and use free resources in creating a healthier school environment.



Local School Wellness Policies

Check out the USDA LWP Web pages for more information on:

- **LWP Requirements**
- **Interagency Workgroup**
- **5-Year Technical Assistance and Guidance Plan**
- **Monitoring/Accountability** – 5 important pieces of documentation to keep on file for a future Administrative Review (formerly known as the CRE)
- **Resources, Tools, and Guidance**

<http://teamnutrition.usda.gov/healthy/wellnesspolicy.html>



Activities: Web sites

Check it out!

- **Most current info on LWP:**

USDA: www.fns.usda.gov/tn/healthy/wellnesspolicy.html

CDC: www.cdc.gov/healthyyouth/npao/wellness.htm



Activities: Federal Rule-Making



FEDERAL REGISTER
The Daily Journal of the United States Government

- **Proposed Rule:** Early 2014
 - Posted to www.Regulations.gov
- Public comment period
- **Final Rule:** Late 2014



Training and Technical Assistance

Resources and Best Practices

USDA Team Nutrition Resources

FREE resources: www.teamnutrition.usda.gov

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CDC Resources

www.cdc.gov/healthyouth/npao/publications.htm

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Training Tools for Healthy Schools

<http://www.cdc.gov/healthyouth/tths/index.htm>

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Other LWP Resources

- NFSMI: Resource to Sustain & Strengthen Local Wellness Initiatives¹
- Yale Rudd Center: WellsAT tool²
- Action for Healthy Kids: Wellness Policy Tool³
- Bridging the Gap: District Wellness Policy Data⁴

1. <http://www.nfsmi.org/documentlibraryfiles/PDF/20130228111227.pdf>
2. <http://wellsat.org>
3. <http://www.actionforhealthykids.org/resources/wellness-policy-tool>
4. http://www.bridgingthegapresearch.org/research/district_wellness_policies/

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USDA Farm to School Program

- Website: www.fns.usda.gov/farmtoschool
- Sign up for the USDA Farm to School E-letter
- Learn more about USDA Farm to School Grants
- Find farm to school related policies and policy guidance
- Find contact information for state farm to school coordinators and USDA staff

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A District Example

In their own words...

Wellness Policy Implementation



Perspective and Experiences of implementing
Garden City Public School's Wellness Policy

Tracy Johnson, RD
Director of Nutrition Services
Garden City Public School District
Garden City, Kansas

Garden City Public Schools



- Enrollment: 7,644
- 1 Early Childhood Center
- 11 Elementary Schools (K-4)
 - All HUSC Bronze Award
- 2 Intermediate Centers (5-6)
 - Both HUSC Bronze Award
- 2 Middle Schools (7-8)
- 1 High School
- 2 Alternative Centers

Operation



- Kitchens
 - 9 Base Kitchens
 - 3 Finishing Kitchens
 - 6 Satellite Kitchens
- Self Operated
- Still make homemade bread products

District Demographics



- 71% Free and Reduced
- 68% Hispanic
- 24% White
- 7% other (Somalian, Burmese, Asian, and black)
- 10% Migrant
- 47% English Language Learners

Interesting Facts

- Finney County population 37,083
- Garden City population 27,000
- District covers over 1200 sq miles
- Large Feedlots, Meat Packing Plant, Dairies, Pig Farms, Potato Plant
- Transient population
- State Wrestling Champs




Fiesta



Chinese New Years Celebration

History of Wellness Policy

- Summer 2005: Created Committee
 - Nursing Coordinator, Nutrition Director, teachers, BOE member, community leaders, KSDE consultant, parents, students, and a pediatrician
- Performed a needs assessment
 - State policy builder
 - Input from staff, students, and parents

History, cont.

- December 2005: Policy Drafted
- July 2006: Approved by BOE
- August 2006: Implemented
 - District Leaders
 - Schools
 - Media
 - Students and Parents

District Wellness Team

- Committee Additions
 - School Wellness Champions, financial officer, insurance clerk, and Alliance for a Healthier Generation consultant
- Meetings
 - Quarterly or more often if needed
 - School activity reports, district report, community report, review of policy, and grant opportunities

Building Wellness Champions

- Implemented 2012
- Job: Wellness Leader in their school or department
- Stipend: depending on number of staff
- Selected and evaluated by principal or director of department
- Expectations



Policy Accountability

- Reviewed on an ongoing basis, in its entirety once a year
- Changes made at end of school year
- Update School Wellness Implementation plan
- Present wellness update and any changes to policy to the BOE once a year

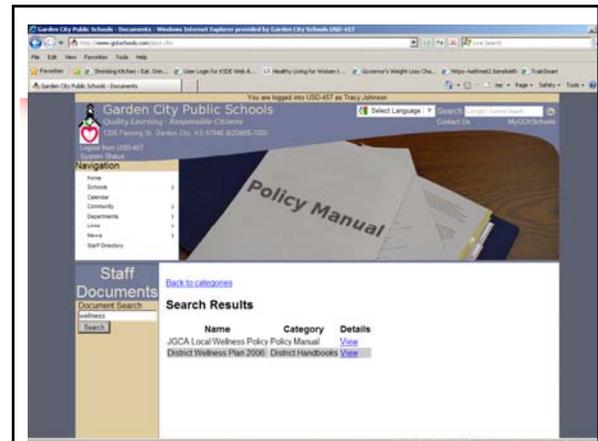
Keys to Securing Buy-In

- Be Proactive
- Be Honest
- Be Available
- Be Nice
- Be Visible
- Ask for Feedback
- Above all PRACTICE WHAT YOU PREACH



Communication

- All staff meetings
- E-mail
- Web page
 - <http://www.gckschools.com/nutrition>
- Weekly district update
- Parent teacher conferences
- Blog
 - <http://gcfunandfit.wordpress.com>



Events and Activities

- Health Week
- Fun run and walks
 - Annual District Wide 5K
 - Victor Ornelas Snowflake 5K
 - Number of others held at high school
- Family Health Nights
- Governors Weight Loss Challenge
- Intramurals
- Exercise and walking clubs



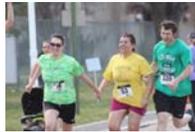
Resources

- Alliance for a Healthier Generation
- Team Nutrition Grants
 - Power Panther Pals
 - Power Panther Professionals
 - Family Fun and Fitness
 - Fresh Fruits and Vegetable Grant
- BCBS and Health Foundations Grants
- Community organizations
 - Rec, YMCA, Health Department, and Hospital

Accomplishments

- Every school is a member of the Alliance for a Healthier Generation.
- Implemented Fitnessgram
- Implemented Healthy Kids Act
- State Sunflower Award for 5K
- 38 teams (190 staff members) participated in the Governors Weight Loss Challenge.

District 5K



Challenges

- Physical Education hours
 - Time, personnel, facilities
- Staff members that are not on board with the wellness initiatives
- Implemented programs with minimal funding
- Time

HealthierUS School Challenge

(HUSC) <http://www.fns.usda.gov/tn/healthierus/>

- Receiving the awards was an honor for all the nutrition staff who worked hard to make it happen
- Use as a guideline to see strengths and weaknesses of program
- Helps us "think outside the box"
- Meeting the HUSC requirements = extra \$0.06!!!

HUSC Award



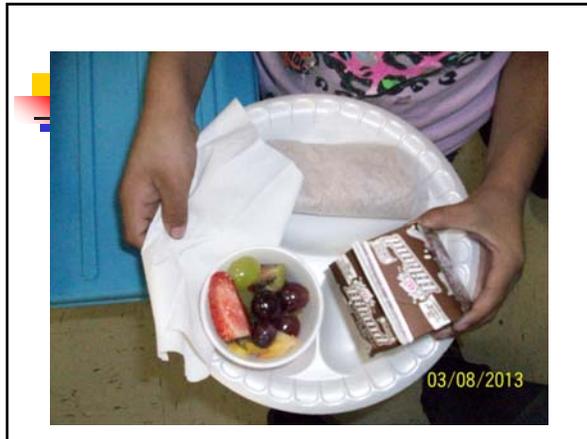
Meal Pattern Changes

- Started implementing changes in school year 2011 – 2012
- Taste testing
- Took most of our breaded entrees off menu
- Prepare bread and bakery products with whole-grain flour
- Serving more and a greater variety of fruits and vegetables
- Made it a positive change

Meal Pattern Changes

- Bread and protein limits
- Budget
 - Equipment
 - Food
- Media
- Record Keeping
- Sodium Restrictions





Keys to Success

- Visibility
- Keep informed
 - Government and State Regulations
 - Community
- Communication
- Engage Passionate People!
- Follow through
- Above all: PRACTICE WHAT YOU PREACH!



WHEN SOMETHING
WORKS, MAKE IT
BETTER...WHEN
SOMETHING NEEDS
FIXING, FIX IT AS SOON
AS POSSIBLE!