

OSPI School Meal Programs Reference Sheet

Local School Wellness Policy

Local Education Agencies (LEAs) play a critical role in promoting wellness among students, staff, and families. To ensure schools create a healthy environment for student health and learning, LEAs operating the National School Lunch Program or other federal Child Nutrition Programs are required to establish a local school wellness policy for all schools under its jurisdiction.

Requirements

- Develop a current Wellness Policy. This policy must:
 - Include specific goals for nutrition education, physical activity, nutrition promotion, and other school-based activities to promote student wellness.
 - State nutrition guidelines for all foods available on the school campus. These guidelines must be consistent with federal regulations for school meal nutrition and Smart Snacks in School standards.
 - Only allow for food and beverage marketing that meet the Smart Snacks in School nutrition standards,
- Designate one or more school official(s) with authority to ensure Wellness Policy compliance at each school under its jurisdiction.
- Make the Local Wellness Policy available to the public forward facing.
- Review and update the School Wellness Policy regularly.
- Invite stakeholders to participate in the development, review, updates, and implementation of the Local Wellness Policy; encourage public comment and input.
- Conduct a triannual assessment, to determine compliance and progress, which compares the Local Wellness Policy to the model local wellness policies. This assessment must include all schools under the LEA.
- Develop an assessment report that describes school's compliance and alignment with the Wellness Policy and the model wellness policy. This report must be made available to the public.



Details:

- Wellness Policies are tailored to the unique needs of each LEA and their schools.
- Templates can be used if personalized and includes at a minimum the above noted requirements. OSPI does not provide template policies.
- Documentation required for Administrative Review:
 - Compliance with community involvement requirements (copy of the newsletter announcing/inviting stakeholders).
 - Wellness Policy and annual updates.
 - Triannual assessment for each school under its jurisdiction and comparison to model policies.
 - Link or web address to where these are publicly available (cannot be hidden in School Board Policy unless directly linked from main webpages).

References

- [Final Rule: Local School Wellness Policy](#)
- [Local School Wellness Policy Outreach Toolkit](#)
- [SP 24-2017 Local School Wellness Policy Guidance and Q&A](#)
- [7 CFR 210.31](#)
- [Model Wellness Policy – Alliance for a Healthier Generation](#)
- [WellSAT 3.0 – Quantitative Assessment Tool](#)
- [Local School Wellness Policy – USDA Resource Materials](#)

Acronym Reference

- HHFKA – Healthy Hunger Free Kids Act
- LEA – Local Education Agency
- OSPI – Office of Superintendent of Public Instruction
- USDA – United States Department of Agriculture