

POWER UP YOUR PROGRAM!

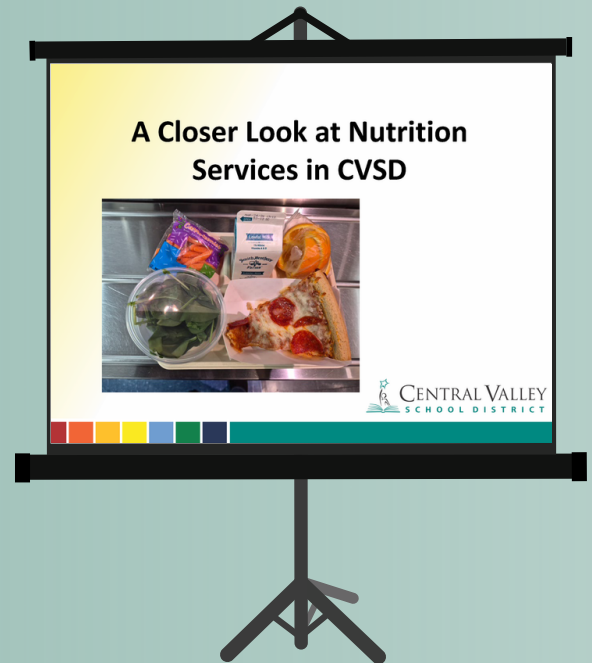
Central Valley School District

Denice Kwate
Senior Manager, Nutrition Services

Denice Kwate made the most of her time in the Power Up Your Program Local School Wellness Policy course by tackling a project she'd been dreaming about for several years—establishing an engaged and active wellness committee. She launched a call for committee members and was thrilled to receive nearly 50 applicants. About half of the applicants were invited to participate, including a mix of district employees, parents, local business owners, and other community members.

The group spent the year exploring what wellness means for their schools and identifying areas where they could make the greatest impact. They pinpointed wellness policy priorities, including healthy classroom rewards, nutrition education for students, nutrition and school meal program education for parents, and physical education activities. With topics selected, they dug into research and began to create a plan.

By taking the time to build shared understanding and consensus, the committee laid the groundwork for lasting change. Denice and her team now plan to finalize policy recommendations and present proposed updates to the school board during school year 2026–2027.



The Power of Local School Wellness Policies

- Local Education Agencies (LEA) participating in federal school meals programs must establish Local School Wellness Policies.
- The required triennial assessment process provides an opportunity to monitor implementation, update policies, and reinvigorate work on wellness priorities.
- Building partnerships and leadership support are critical steps in rolling out successful wellness initiatives.
- Local School Wellness Policies can be tailored to the priorities and needs of each LEA, and create a blueprint for supporting student health and wellbeing.
- Engaging students, staff, and community partners ensures that those who are impacted have a voice in decisions.



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