

Griffin School District

Tawnya White
Child Nutrition Supervisor



Tawnya joined the Power Up Your Program Local School Wellness Policy course eager to use the wellness policy process to drive meaningful change in her district. Using course tools, she developed an action plan and completed the Wellness School Assessment Tool (WellSAT) to evaluate her district's existing policy. The assessment helped her identify strengths, uncover gaps, and spark important conversations with district leadership.

Tawnya made collaboration and community engagement a cornerstone of her work. She partnered with her district's superintendent to form a small wellness committee that reviewed the assessment results, strengthened policy language, and identified wellness practices already taking place across the district. After drafting policy updates, the team rescored the policy using the WellSAT and saw significant improvement in policy strength.



Looking ahead to the 2026–27 school year, Tawnya plans to expand the wellness committee and work with members to develop recommendations and resources that help teachers incorporate healthier practices into classroom celebrations.

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.

