

Highline Public Schools

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When a district policy update appeared on the horizon, Lisa and Kris saw an opportunity to begin building momentum for lasting change. They enrolled in the Power Up Your Program Local School Wellness Policy course and dove into the foundational work.

Lisa and Kris completed the Rudd Center's Wellness School Assessment Tool (WellSAT) to identify gaps, strengths, and opportunities for improving their district's current wellness policy and practices. Next, they connected with district staff, nurses, and student leaders to gather input and generate enthusiasm for wellness policy priorities. Then, they created a two-year action plan to guide steps toward their policy update.

With the foundation set, Lisa and Kris will enter school year 2026–2027 ready to turn planning into action. Next



steps include recruiting members to the wellness policy committee and drafting policy updates that reflect community voice. Topics like Farm-to-School, seated lunch duration, and non-food rewards, have already been identified as top priorities.

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.

