

Mossyrock School District

Kim Chambers
Food Service Director



When Kim joined Power Up Your Program in the fall of 2025, she knew updating her school district's wellness policy was a priority, but she wasn't sure where to start. Using tools provided by the course, Kim identified tangible steps toward reaching her goal. She used the [Rudd Center Model Local School Wellness Policy](#) as a template, then, section-by-section, tailored the policy to the specific priorities, needs, and resources available in her school district.

When the Superintendent showed support for the policy update, Kim asked to attend a meeting with district principals, where she shared the proposed plan updates, responded to questions, and gathered input. By adding this step, Kim established an environment of collaboration that fostered new connections, raised awareness of the important work Food Service Directors oversee, and invited district administration to feel more invested in student wellness policies and initiatives.



The revised Wellness Plan will be presented for adoption at the next Board meeting and, upon approval, will be implemented in the beginning of 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 reinvest 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.

