

How-to Find Your Local School Wellness Policy



**INSTITUTE FOR
HEALTH RESEARCH
AND POLICY**



What is a local
wellness policy?

Local Wellness Policies

A local wellness policy is “a written document of official policies that guide a school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity”





Where can I find the local wellness policy?

- Online, on the school district website, or
- By request, from the school district administrative office

What documents are
included in my district's
local wellness policy?

A school district's local wellness policy may include:



Wellness Policy



Superintendent
Regulations



Cross-Referenced
Policies

How to find your district's local wellness policy

1. Locate the school district website
2. Find the school board policy page
3. Check for any Superintendent's regulations
4. Read-through the policy to identify any cross-references

Example: Finding your
school district's wellness
policy on the internet



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Academics & Testing

Student Services

Extra-Curricular Activities

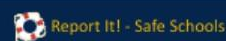
Future Students

Homeschool Families

7th Graders Focus on Water Insecurity

7th Grade Science Students conduct tests on water from different sources as part of their integrated unit entitled "Water Insecurity" ...READ MORE

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District Info & School Board

World Class Opportunities. Small School Relationships. Lifelong Impact.

Documents

[Annual Meeting](#)[NEOLA – District By-Laws and Policies](#)

Contracts

[Superintendent Contract](#)[Administrator Contracts 2018-2019](#)[BCEA Teacher Contract](#)

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Brown County Schools

[Bylaws & Policies](#)[Table of Contents](#)

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Management Documents

- ▶ [Bylaws & Policies](#)
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- 8350 Confidentiality
- 8351 Security Breach of Confidentiality Databases
- 8390 Animals on School Corporation Property
- 8400 School Safety
- 8405 Environmental Health and Safety Issues
- 8410 Crisis Intervention
- 8420 Emergency Preparedness Plans and Drills
- 8431 Preparedness for Toxic Hazard and Asbestos Hazard
- 8432 Pest Control and Use of Pesticides
- 8442 Reporting Accidents
- 8450 Control of Casual-Contact Communicable Diseases
- 8452 Automatic External Defibrillators (AED)
- 8453 Control of Noncasual-Contact Communicable Diseases
- 8453.01 Control of Blood-Borne Pathogens
- 8455 Coach Training
- 8462 Child Abuse and Neglect
- 8470 Registered Sex or Violent Offenders
- 8500 Food Services
- 8510 Wellness
- 8531 Free and Reduced Price Meals
- 8540 Vending Machines
- 8600 Transportation
- 8640 Transportation for Field and Other Corporation-Sponsored Trips
- 8651 Nonschool Use of Corporation Vehicles
- 8660 Transportation by Private Vehicle
- 8710 Insurance
- 8740 Bonding

Management Documents

- ▶ [Bylaws & Policies](#)
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systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.
- F. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.

The Superintendent shall appoint the Corporation wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The Superintendent shall be an ex officio member of the committee.

Welcome to the WellSAT

This Wellness School Assessment Tool (WellSAT) website is where you can score your written district wellness policy and rate your district's implementation of school wellness practices.

[Get Started](#)

You are now ready to evaluate your wellness policy using WellSAT

[Triennial Assessment](#)

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About the WellSAT

The WellSAT School Assessment Tool (WellSAT) helps quantify school wellness policies so that districts can see how they compare to best practices. It is a collaboration between the UConn Rudd Center for Food Policy and Health and the UConn Collaboratory on School and Child Health.

[See More](#)

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