

## What is the new Wellness Policy?

Child Nutrition and WIC Reauthorization Act of 2004:

*"Not later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local education agency."*

### What!?! Another Mandate?

Yes. This mandate is a unique opportunity to establish a local infrastructure to promote wellness and to remove health-related barriers to teaching and learning.

The following guidelines and resources also support schools to meet the goals of No Child Left Behind and the Safe and Drug Free Schools legislation. The goal is to provide a safe, supportive learning environment.

*"Schools could do more than perhaps any other single institution in society to help young people...live healthier, longer, more satisfying, and productive lives." Carnegie Council on Adolescent Development*

## What are the new federal policy requirements?

Wellness policy must include:

- ✓ **Goals for nutrition education, physical activity, and other wellness promotion activities.**  
[www.mascd.org/publications/Focus/FOCUS4-05.pdf](http://www.mascd.org/publications/Focus/FOCUS4-05.pdf)  
[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)  
[www.ma-hperd.org](http://www.ma-hperd.org)
- ✓ **Nutrition guidelines for all food available on each school campus**  
[www.cdc.gov/healthyyouth/nutrition/pdf/summary.pdf](http://www.cdc.gov/healthyyouth/nutrition/pdf/summary.pdf)  
[www.nasbe.org/HealthySchools](http://www.nasbe.org/HealthySchools)  
[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)
- ✓ **Guidelines for school meals that are not less restrictive than USDA guidelines**  
[www.cdc.gov/mmwr/pdf/rr/rr4509.pdf](http://www.cdc.gov/mmwr/pdf/rr/rr4509.pdf)
- ✓ **Plans to measure how well schools meet policy goals. Make at least one person in each school responsible for ensuring that the school develops and implements the Wellness Policy.**  
[http://actionforhealthykids.org/pdf/report\\_small.pdf](http://actionforhealthykids.org/pdf/report_small.pdf)  
[www.fns.usda.gov/tn/Resources/makingithappen.html](http://www.fns.usda.gov/tn/Resources/makingithappen.html)

## What is the link between health and academics?

Research continues to show the link between health and academic achievement. The federal Wellness Policy helps schools strengthen that link. In addition to the **Nutrition** and **Physical Education** components mentioned on the previous page, schools can include other elements of the Massachusetts Coordinated School Health Program, such as:

- ✓ **Parent/Community Involvement**  
[www.doe.mass.edu/boe/sac/parent/pandc.pdf](http://www.doe.mass.edu/boe/sac/parent/pandc.pdf)  
[www.mascd.org/publications/Focus/FOCUS4-05.pdf](http://www.mascd.org/publications/Focus/FOCUS4-05.pdf)
- ✓ **Counseling & Psychological Services**  
[www.nasponline.org](http://www.nasponline.org)  
[www.mentalhealthscreening.org/schools](http://www.mentalhealthscreening.org/schools)  
[www.AdolescentWellness.org](http://www.AdolescentWellness.org)
- ✓ **Health Services**  
[www.nasn.org](http://www.nasn.org)  
[www.msno.org/book.html](http://www.msno.org/book.html)  
[www.mass.gov/dph](http://www.mass.gov/dph)
- ✓ **Health Promotion for Staff**  
[www.mass.gov/dph/fch/dchp.htm](http://www.mass.gov/dph/fch/dchp.htm)  
[www.schoolwellnesspolicies.org/WellnessResources.html#staffwellness](http://www.schoolwellnesspolicies.org/WellnessResources.html#staffwellness)
- ✓ **Health Education**  
[www.doe.mass.edu/cnp/hprograms/cshp](http://www.doe.mass.edu/cnp/hprograms/cshp)  
[www.doe.mass.edu/frameworks/health/1999/1099.pdf](http://www.doe.mass.edu/frameworks/health/1999/1099.pdf)  
[www.aahperd.org/aahe/pdf\\_files/standards.pdf](http://www.aahperd.org/aahe/pdf_files/standards.pdf)
- ✓ **Healthy School Environment**  
[www.epa.gov/iaq/schools/](http://www.epa.gov/iaq/schools/)  
[www.asthmaregionalcouncil.org/about/focus\\_schools.html](http://www.asthmaregionalcouncil.org/about/focus_schools.html)  
[www.mphaweb.org/HealthySchools.htm](http://www.mphaweb.org/HealthySchools.htm)
- ✓ **Family & Consumer Science Education**  
[www.iohnstalkerinstitute.org](http://www.iohnstalkerinstitute.org)

## NEXT STEPS

### HOW CAN MY DISTRICT IMPLEMENT THIS POLICY?

- Form a Health Advisory Council to develop your local wellness policy. As in the Coordinated School Health Model, members may include parents, students, school committee members, administrators, food service members, and the public.
- Include the wellness policy in the school district goals and improvement plan for each individual school.
- Identify a district administrator who will ensure the school complies with the law and to help develop and implement the wellness policy.
- Identify a wellness coordinator in each building, or for your district, who can ensure that policies are developed and implemented.
- Conduct a needs assessment to identify needs and to set goals. The CDC's School Health Index is a helpful resource.
- Publicize and build widespread support for your district's policy in the local community.
- Establish a way to measure and monitor the progress of the wellness policy activities.
- Monitor the wellness policy and make changes as needed.

## ABOUT THE ADVISORY COUNCIL

The IHEHSAC was established by the Education Reform Act of 1993. The purpose of the Advisory Council is to advise the Commissioner and the Board of Education on matters pertinent to the implementation of the Education Reform Act in the Commonwealth.

### **2006-2007 Advisory Council Members**

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Eileen DiBattista, Medford Public Schools  
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[www.doe.mass.edu/boe/sac/councils/health.html](http://www.doe.mass.edu/boe/sac/councils/health.html)

## A GUIDE TO IMPLEMENTING YOUR DISTRICT'S WELLNESS POLICY



Prepared by the Massachusetts  
Interdisciplinary Health  
Education and Human Services  
Advisory Council (IHEHS-AC)

*Supporting school health by  
moving from policy to action.*