



Does Your Local School Wellness Policy Measure Up?

A local school wellness policy (LSWP) is a written document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation* and Title 7, *Code of Federal Regulations* sections 210.31 and 220.7(h) and all Final Rule guidance.

How the Required Elements for Local School Wellness Policy (LSWP)	
Policy Includes:	Page(s)
☐ Goals for Student Wellness that are specific (measurable) and review and consider evidence-based strategies and techniques	
☐ nutrition promotion	
☐ nutrition education	
☐ physical activity	
☐ other school-based activities	
☐ School Meals: Meet, at minimum, the federal and state standards for federally reimbursable School Nutrition Programs provided by all LEA schools	
☐ Competitive Foods and Beverages: California and federal standards (Smart Snacks in School) for foods and beverages sold, to students, on school campus, during the school day (from midnight to 30 minutes after the school day) outside of the school nutrition programs	
☐ Foods and Beverages Not Sold: Nutrition standards outlined for foods and beverages given away throughout the school day (classroom parties and snacks, foods rewards)	
☐ Foods and Beverages Marketing Policies for items marketed or advertised on campus, during the school day, which must meet Smart Snack standards (if you can't sell it, you can't market it)	
☐ Public Involvement: Permit participation of the general public and the school community in the development, implementation and monitoring of the LSWP	
☐ Description of Plan included in the written policy for:	
☐ Public Involvement in the development, implementation, and review and periodic update, of the LSWP-allowing broad participation of stakeholders and encouraging actively seeking members	
☐ Annual Public Notification/Updates –about the content of the policy and any updates	
☐ Evaluation plan- how implementation will be measured including triennial assessment	
☐ LSWP Leadership: LEA has designated at least one school official by position or title who has the authority and responsibility to ensure each school complies with the policy.	
☐ Date policy was updated	
☐ Non-discrimination Statement -full statement on complete policy; abbreviated version-shorter documents	

Compliance with Implementation-Questions (Q) on the Administrative Review:		
☐ Q1000-Please explain how the required elements of the LSWP are being met		
Documentation Examples: dated hard copy or provide copy of web posting or link		
☐ Q1001-How does the public know about the Local School Wellness Policy?		
☐ Annual public notification of the content of the LSWP and any updates if needed		
☐ How the public can be involved in the LSWP -typically method of solicitation for a wellness committee		
☐ The position and/or title of the designated official who has the authority and responsibility to ensure each school complies with the public		
Documentation Examples: web pages, letters, e-mails, newsletters, student handbooks, flyers		
☐ Q1002-When and how does the review and update of the LSWP occur?		
Documentation Examples: committee agendas/minutes, work plan, related documents		
☐ Q1003 -Who is involved in reviewing and updating the LSWP? What is their relationship with the LEA?		
Public Involvement: LEA permits involvement of the following people in the development, implementation, review, and modification of the LSWP:		
☐ Parents	☐ Students	☐ School Food Service
☐ Teachers of Physical Education	☐ School Health Professionals	☐ School Board Members
☐ School Administrators	☐ General Public and Community Members	
Documentation Examples: committee roster, agendas/minutes, meetings announcements, work plan		
☐ Q1004-How are potential stakeholders made aware of their ability to participate in the development, review,		
Documentation Examples: letters, e-mails, newsletters, web pages, student handbooks, flyers		
☐ Q1005-Provide a copy of your LEA's most recent assessment of the implementation of the LSWP.		
Triennial Assessment: At least every three years, beginning no later than June 30, 2020, assessment to include compliance with the LSWP, comparison to model policies, and progress in attaining LSWP goals.		
Documentation Examples: Comparison to Model Policy-dated policy review tools such as the WellSAT2.0; Compliance with the LSWP and Progress Attaining Goals-School Health Index and/or district generated checklists, updated implementation plans, board reports		
☐ Q1006. How does the public know about the results of the most recent assessment on the implementation of the LSWP?		
Documentation: letters, e-mails, newsletters, board reports, web pages, student handbooks, flyers		