

HealthierUS School Challenge: Smarter Lunchroom Initiative Tip Sheet

Local School Wellness Policy

Use this tip sheet to complete the Local School Wellness Policy section of the HUSSC: SL application. Below you'll find an explanation of the criteria requirements as well as some ideas for what you can include on your application. Good luck!

Application Examples: How Does Your School Implement Your Local School Wellness Policy?

- We have a wellness team that meets monthly.
- Our school practices healthy fundraising. For example, we sell Cutie® mandarins for Valentine's Day ("A Cutie® for your cutie!").
- A monthly newsletter called "Working to Wellness" is sent home to parents and is posted on our school website. The newsletter focuses on our school wellness initiatives and provides resources to use at home.
- Our school demonstrates a commitment to prohibit the use of food as a reward and physical activity as a punishment by providing our teachers with a list of other ideas for rewards and consequences through a professional development training at the beginning of the year.
- Our school promotes only positive and healthy food marketing.
- Parents are key members of the wellness team and participate in our monthly wellness meetings.
- Structured physical activity breaks are incorporated into the classroom by using Action for Healthy Kids' Game On program.



Want to learn more about HUSSC: SL?

Check out the HUSSC: SL mini-webinar series that can be found at our YouTube Channel: Action4HealthyKids

Local School Wellness Policy Mini-webinar:
<http://bit.ly/1OB3x3H>



Local School Wellness Policy Criteria

For all award levels, my school must:

- Submit a copy of the school or district wellness policy
- List three ways my school is meeting local wellness policy goals (check out our *Application Examples!*)
- Describe how parents, students, school administration/staff, and the community are involved in implementing the policies
- Demonstrate a commitment to prohibit use of food as a reward and physical activity as a punishment



Additional Resources

- **Action for Healthy Kids Local School Wellness Policy Toolkit:**
<http://www.actionforhealthykids.org/tools-for-schools/revise-district-policy/wellness-policy-tool>
- **Action for Healthy Kids' Game On Program:**
<http://www.actionforhealthykids.org/tools-for-schools/>
 - Game On Activities: Gather your Team, Healthy & Active Non-food Rewards
- **CDC Local Wellness Policy Requirements:**
<http://www.cdc.gov/healthyyouth/npao/wellness.htm>
- **USDA Local Wellness Policy Proposed Rule and Resources:**
<http://www.fns.usda.gov/tn/local-school-wellness-policy>