

WELCOME

RIDE School Nutrition Program Training

Local Wellness Policies: What You Need to Know



- Only statewide school wellness organization connecting the RI school community
- Grounded in a Whole School, Whole Community, Whole Child (WSCC) framework
- Contracted with RIDE Child Nutrition Program for technical assistance



INTRODUCTIONS

Who's in the room?

- ✓ Name
- ✓ Role
- ✓ School/district

AGENDA

*What you NEED to do and WHY
you should want to do it*

1. Review Federal & State Local Wellness Policy (minimum) Requirements
 - Can be more comprehensive and include social-emotional & mental health provisions
2. RIHSC's website "10 Steps to a Wellness Policy"
3. Compliance: USDA Administrative Review Process by RIDE CNP
4. Q&A and Technical Assistance

Wellness Policy Requirements (FEDERAL)

USDA Healthy, Hunger-Free Kids Act of 2010

1. School official responsible for compliance with policy
2. Policy available to the public
3. Triennial assessment of policy made public
4. Stakeholders able to participate in policy development, implementation and monitoring

Wellness Policy Requirements (FEDERAL)

USDA Healthy, Hunger-Free Kids Act of 2010

5. Specific goals for nutrition education & promotion
6. Meals & competitive foods/beverages compliant with USDA nutrition standards
7. Nutrition standards for all foods/beverages provided to students during the school day

Wellness Policy Requirements (STATE)

1. **(RIGL 16-21-28)** Establishment of active Wellness Subcommittee with stakeholder representation
2. **(RIGL 16-21-7.1)** Marketing/advertising of ONLY food & beverage items that meet federal and state nutrition standards
3. **(RIGL 16-22-7)** 100 minutes per week of standards-based Physical/Health Education for K-12 students
4. **(RIGL 16-22-4.2)** Daily 20 minute consecutive recess for students in K-6 schools

RIHSC Website Navigation

www.RIHSC.org

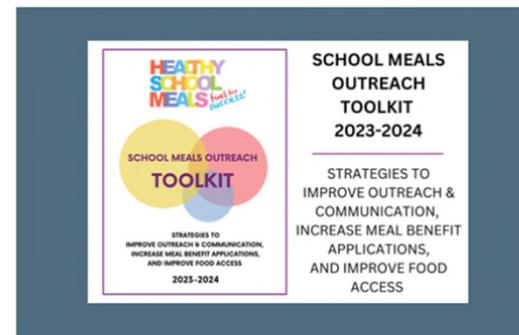


SAVE THE DATE!

[Breakfast for School Wellness Leaders](#)

Thursday, October 26, 2023 | 7:30-10:00am

Please contact karin.wetherill@rihsc.org for information on sponsorship, exhibiting, or district table reservations.



USDA Administrative Reviews

- Administered by RIDE Child Nutrition Program staff
- Five year cycle
- Checklist for wellness policy compliance



District staff should reference this checklist when preparing for a District School Food Service Review, as it details the exact items RIDE evaluates with regard to local wellness policies.

Local Wellness Policy Checklist for RIDE Child Nutrition Staff
USDA Administrative Reviews
Links updated 11.2019

A local school wellness policy is a written document that guides a local educational agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) and referenced by RI General Law for the establishment of District Health & Wellness Subcommittees (RIGL 16.21.28).

During a triennial School Nutrition Program Administrative Review of Local Wellness Policy:

1. Identify evidence of the following requirements:				
Leadership/Documentation				
	Provision	Reference	Where to look	✓
1.	School official responsible for compliance with the Local Wellness Policy	Healthy Hunger Free Kids Act: https://www.fns.usda.gov/tn/local-school-wellness-policy	<ul style="list-style-type: none"> Referenced in policy Noted on district website 	
2.	Assessment of policy compliance and progress is made available to the public (a minimum of every 3 years)	Healthy Hunger Free Kids Act: https://www.fns.usda.gov/tn/local-school-wellness-policy	<ul style="list-style-type: none"> Referenced in policy RIHSC School Wellness Checklist & District Summary or other assessment tool School/District Wellness Activity Summary School Committee meeting agenda 	
Public Involvement/Communication				
	Provision	Reference	Where to look	✓
1.	Active district wellness subcommittee with parent, student, administrative & teaching staff, food service and community involvement:	Healthy Hunger Free Kids Act: https://www.fns.usda.gov/tn/local-school-wellness-policy RI General Law 16-21-18: http://webserver.rilin.state.ri.us/Statutes/TITLE16/16-21/16-21-28.HTM	<ul style="list-style-type: none"> Referenced in policy Wellness Subcommittee membership list posted on district website Wellness Subcommittee meeting dates, agendas & minutes posted on district website Examples of E-News, Listserv and/or invitation to participate in Wellness Subcommittee 	
2.	Local Wellness Policy is available to the public	Healthy Hunger Free Kids Act: https://www.fns.usda.gov/tn/local-school-wellness-policy	<ul style="list-style-type: none"> Linked on district/school website Included in student/staff handbooks Available in district or school administrative office 	

Policy Implementation

Developing and adopting a strong policy is only the beginning. The adoption of a policy doesn't always mean it will be implemented.

Implementation requires *good planning, the necessary resources, consistent oversight and widespread buy-in by the school community.*

Leadership
Commitment
Communication



NEED HELP?

- Policy Development & Assessment
- Policy Review & Revision
- Policy Implementation Monitoring & Assessment
- Health & Wellness Subcommittee Establishment & Growth
- Health & Wellness Communications
- Health & Wellness Content Resources

**Karin Wetherill, Co-Director
RI Healthy Schools Coalition**

www.rihsc.org

Karin.Wetherill@rihsc.org