

Steps to Success—

A guide for planning & implementing Wellness Policy 9.16

As recommended by RCPS School Health Advisory Board

Background: Child Nutrition and WIC Reauthorization Act of 2004 states any local educational agency participating in the National School Lunch Program should establish a school wellness policy by June 30, 2006. The Roanoke County School Board adopted local School Wellness Policy 9.16 on May 23, 2006.

Policy 9.16 sets standards for healthier foods and beverages served on school premises during school hours. In addition it incorporates nutrition education, encourages physical activity, and staff wellness. Each school will develop a wellness team to plan school related activities and to promote compliance with the wellness policy. Each school's needs and time lines are different and creativity is encouraged. Individual school wellness plans and/or goals may be more restrictive as per team's discernment. This guide is not a prescription but a resource available for teams if so desired. Teams will report to Dr. Lange at the end of each semester. Refer to RCPS Wellness Team Report.

Check List:

Identify Your Team

- Form a team to facilitate implementation of guidelines. When considering team members, think about the coordinated school health model: health education, physical education, health services, nutrition services, safety, school counseling, staff wellness, and family/community.
- Conduct first team meeting by mid-October.

One Week Prior to First Team meeting

- Provide team packet of resources: Team members' names, phone numbers, and email addresses, First Meeting Agenda, Wellness Policy 9.16 and RCPS Nutritional Integrity Plan Attachments A-C.
- Set First Meeting Agenda

Sample Agenda:

- Introduction of Team Members
- Election/Delegation Team Chair and/or Secretary
- Overview of Team's function (implementing wellness guidelines).
- Review of Policy 9.16 and RCPS NIP.
- Discussion of school based goals with timelines.
- Review Semester End Report provided by SHAB. (Documentation Mechanism)

First Committee Meeting

- Discuss school based goals/plans and timelines for implementation. Goals/plans may be a progressive 3-year strategy as is Policy 9.16.

Sample Goals will address:

- Food Provision**
 - classroom snacks/beverages
 - celebrations/parties
 - fundraisers
 - vending—student and staff
 - food used as a reward or punishment
- Physical Activity**
 - recess periods
 - P.E. classes
 - academic classes
 - after school programs/extracurricular activities/clubs
- Nutrition Education**
- Staff Wellness**

November 2006

- Establish school based goals/plans and timelines for implementation
- Present Wellness Team's goals/plans at PTSA meeting

January 2007

- Complete and return wellness team report to Dr. Lange by January 12, 2007.

Spring 2007

- Team schedules monthly meetings to brainstorm and collaborate wellness initiatives and insure school's compliance with wellness policies.
- Meetings are well documented.
- Field trips and Field Day are considered as learning opportunities for wellness.
- Team begins recruiting next school year's team members, setting future goals, and timelines.
- Final Wellness Team Report due to Dr. Lange by June 7, 2007.