

Implementation of the School District/School Wellness Policy Requirements

Is your local school district or school preparing to implement the wellness policy requirements of the Healthy, Hunger-Free Kids Act of 2010?

The Healthy, Hunger-Free Kids Act of 2010 wellness policy provisions require districts and schools to:

1. Involve all stakeholders in the development of the wellness policy

Coordinated School Health Best Practice:

Stakeholder involvement:

- Create a Coordinated School Health (CSH) Council (or modify existing council) at the district level with superintendent and/or school member buy-in as well as representation from various school roles and community members.
- Create school level Coordinated School Health Committees (or modify existing committee) that report to each school's School Based Decision Making (SBDM) Council in addition to reporting to the district CSH Council.

2. Set goals for nutrition education, physical activity and nutrition guidelines

Coordinated School Health Best Practice:

Set wellness policy goals for nutrition education/promotion, physical activity and physical education.

- Select and utilize a school health assessment at each school: CDC's School Health Index, Alliance for a Healthier Generation's Healthy Schools Builder or USDA's Healthier US Schools Challenge.

3. Measure implementation progress of wellness policy

Coordinated School Health Best Practice:

Measure implementation progress by semi-annual reporting on school health assessments from local CSH committees to the district CSH Council.

4. Publicly report implementation progress of wellness policy

Coordinated School Health Best Practice:

Publicly report the summarized findings of the district CSH Council to the local board of education. *Note that a report by January 31 is required by KRS 158.856.*

Coordinated School Health Components:

- ___ PE/PA
- ___ Health Ed
- ___ Nutrition Services
- ___ Health Services
- ___ Counseling
- ___ Staff Wellness
- ___ Family /Community
- ___ School Environment

How This Can Work!



Roles of District CSH Council

- Annually review and update District Wellness Policy
- Ensure that each school establishes a CSH Committee
- Ensures all schools are implementing the district wellness policy via a school wellness policy
- Integrate CSH goals into Comprehensive District Improvement Plan (CDIP)

Roles of School Level CSH Committee

- Meet regularly throughout school year and provide input into school's PLCS Program Review
- Provide program and data feedback to district CSH council
- Integrate CSH goals into Comprehensive School Improvement Plan (CSIP)
- Implement a school level wellness policy that includes a Comprehensive School Physical Activity Program approach

The **Comprehensive School Physical Activity Program (CSPAP)** (e.g., physical education class, classroom physical activity breaks, recess/activity breaks, before and after school PA programs, intramurals, activities including parents, and community based PA programs, etc) is an emerging concept for increasing physical activity/physical education in schools via a Coordinated School Health (CSH) approach. CSPAP is specifically included in the Practical Living/Career Studies (PLCS) Program Review as a best practice for all Kentucky schools.



Comprehensive School Physical Activity Program

The CSPAP framework was developed by the National Association for Sport and Physical Education (NASPE), an association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), to help school district officials identify opportunities during the school day to enhance students' physical education/activity. Comprehensive school physical activity programs raise awareness of the benefits of physical activity and physical education, and offer steps to increase physical education/activity in your district.

Many elements of a CSPAP are a natural part of a school's CSH program, and already exist in some capacity in each school district. Including new elements or increasing opportunities in existing programs can be of little to no cost. Local school districts can examine existing programs and determine how to further integrate physical activity throughout the instructional day, in a before or after school setting or other times outside of the instructional day. **Inclusion of CSPAP language in the local school wellness policy provides public documentation that the school district intends to provide increased physical activity opportunities for students.**

RESOURCES:

- <http://www.education.ky.gov/kde/administrative+resources/coordinated+school+health/>
- <http://www.aahperd.org/letsmoveinschool/>

More Information on CSPAP Contact: todd.davis@education.ky.gov or jamie.sparks@education.ky.gov