



PLAINEDGE PUBLIC SCHOOLS

DISTRICT ADMINISTRATION BUILDING
241 WYNGATE DRIVE, N. MASSAPEQUA, NY 11758
(516) 992-7462 FAX (516) 992-7447

LOCAL SCHOOL WELLNESS POLICY

A local school wellness policy (wellness policy) is a written document that guides a local educational agency (LEA) or school district's efforts to create supportive school nutrition and physical activity environments. This is important because each local education agency participating in federal Child Nutrition Programs, including the National School Lunch Program or the School Breakfast Program, is required to develop and implement a wellness policy.

LOCAL SCHOOL WELLNESS POLICY REQUIREMENTS LIST

School districts can develop wellness policies to meet the unique needs of each school under its jurisdiction, but at a minimum are required to:

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote students wellness. In developing these goals, local educational agencies must review and consider evidence-based strategies.
- Include nutrition guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations for school meals and Smart Snacks in School nutrition standards.

- Include policies for foods and beverages made available to students (e.g., in classroom parties, classroom snacks brought by parents, other foods given as incentives).
- Include policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and update of the local school wellness policy.
- Identify one or more school districts or school officials who have the authority and responsibility to ensure each school complies with the policy.
- Inform and update the public (including parents, students, and others in the community) about the local school wellness policy on an annual basis.
- At least once every 3 years, measure how schools are in compliance with the local school wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy. Make the assessment available to the public.