

**Local School Wellness Policies  
School Wellness Summit 2025  
Homework (optional)**

**Choose two realistic goals to focus on for school year 2025-26**

(nutrition education, nutrition promotion, physical activity, foods sold, foods given away, other health-related goals from Whole School, Whole Community, Whole Child Model)

1.

2.

**Create a statement for each to add to your LSWP that contains soft implementation language.**

1.

2.

**Create a statement for each to add to your LSWP that contains strong implementation language.**

1.

2.

**Think through your approach of introducing these goals to your wellness committee to gain buy-in.**

(how would you assess their willingness/agreement? what data would you need to reinforce your point? what strategies could you introduce for compromise? what other pieces/issues would you include?)