

# Local School Wellness Policy

---

**School Wellness Summit**

**September 16, 2025**

Nutrition Services Division (NSD)  
California Department of Education (CDE)



# Agenda

---

- Making the case
- History
- Requirements
- Triennial Assessment
- Administrative Review
- Challenges
- Resources
- Questions



# Why LSWPs?

---

- Wellness policies promote student health and reduce childhood obesity
- Young people spend most of their day in school
  - Wellness policies offer opportunity to support student health
- Healthy students are more ready to learn



# Benefits of LSWPs

---

- Intentionality articulates the vision for student wellness
- Ensures that the policy becomes sustainable



# Collaboration Benefits

---

- Opportunities to work with various partners
- School partners include administrators, parents, medical community, students, community-based organizations, health departments
- Encourages implementation



# Additional Benefits

---

- Consensus
- Accountability



# LSWPs Established

---

## Child Nutrition Reauthorization Act of 2004

- Mandated LSWP for all local educational agencies (LEAs) that participated in the National School Lunch program and School Breakfast program
- LSWP-required elements included student wellness, nutrition standards, and an implementation plan



# LSWPs Strengthened

---

## Healthy, Hunger-Free Kids Act of 2010 (HHFKA)

- Nutrition promotion added
- More rigorous nutrition standards
- Stronger implementation and transparency
- Added to the Administrative Review





# Final Rule: Local School Wellness Policy Implementation Under the HHFKA

---

- Effective August 29, 2016
- Guidelines on food and beverage marketing
- Standards for foods offered but not sold
- Annual update and triennial assessment



# Current LSWPs Requirements (1)

---

- Measurable goals for student wellness
- Nutrition guidelines for all foods and beverages sold and provided during the school day
- Policies for food and beverage marketing



# LSWPs Requirements (2)

---

- Identification of wellness policy leadership to oversee LSWP compliance
- Public involvement and annual public notification
- Annual updates and triennial assessment completed and made available to the public



# Specific Goals for Student Wellness

---

- Nutrition education
- Nutrition promotion
- Physical activity
- Other school-based activities



# Nutrition Education

---

**Requirement:** At least one specific goal for nutrition education

**Definition:** Continuum of learning experiences to develop knowledge and skills that become lifelong healthy eating practices



# Nutrition Education Examples

---

- Standards-based health education that includes nutrition education
- Integration into other subjects, such as science and math
- School gardens as outdoor classrooms
- Classroom cooking experiences

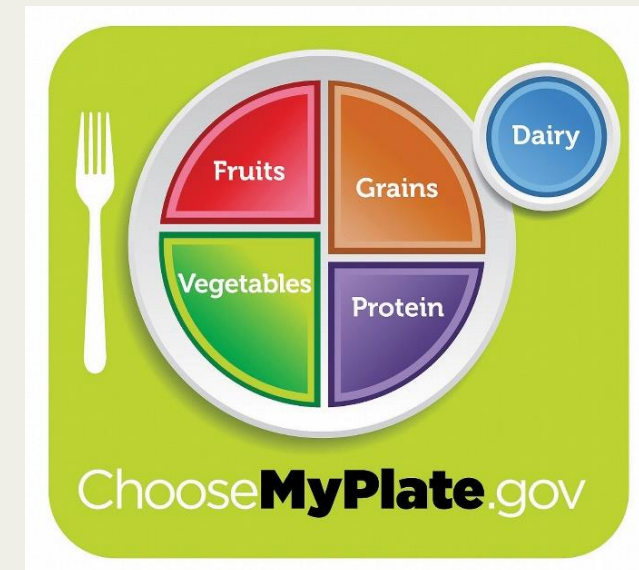


# Nutrition Promotion

---

**Requirement:** At least one specific goal

**Definition:** Activities that increase awareness of good nutrition practices that ensure consistent messaging





# Nutrition Promotion Examples

---

- Posters, newsletters, social media
- Taste tests in the cafeteria
- Nutrition assemblies, health fairs
- Marketing of the meal program





# Physical Activity

---

**Requirement:** At least one specific goal for physical activity (PA)

- Goal for physical education (PE) is optional



**Definition:** Difference between PA and PE

- PA: Movement of the body that uses energy
- PE: Standards-based course that develops physical fitness skills for life

# Physical Activity Examples

---

- Classroom energizers
- Recess, especially before lunch
- Intramural activities
- PA recommended 60 minutes a day



# Other School-based Activities

---

**Requirement:** At least one specific goal

**Definition:** Comprehensive activities promoting student well-being and health



# School-based Activities Examples

---

- School-based health services
- Mental health
- Antibullying and violence prevention
- Staff wellness and family engagement



# Standards and Nutrition Requirements: Foods and Beverages Sold

---

## **Requirement: Include Nutrition Guidelines (Standards)**

- Meals and snacks served under the federal meal programs and
- Competitive foods and beverages



# Federal and State Standards

---

- **Federal:** USDA Smart Snacks in Schools
  - All foods and beverages sold to students on campus during the school day outside the meal program
- **State:** California Education Code and California Code of Regulations provide additional standards for competitive food and beverages



# Foods and Beverages Provided

---

**Requirement:** Standards must be established

- Local discretion

**Definition:** Foods and beverages offered **but not sold** to students





# Examples of Foods and Beverages that are Provided

---

- Classroom celebrations and snacks
- Rewards
- Local discretion on the strength of the standards
- The goal for these standards is consistent messaging





# Food and Beverage Marketing

---

**Requirement:** Only market items meeting federal and California standards

**Definition:** Advertising and other promotions in schools of food and beverage items

- Includes oral, written, or graphic statements promoting the sale



# Marketing Examples

---

- Prizes and incentive programs
- Advertising on cups and placemats
- Advertising on equipment
- Posters and flyers

If you **can't** sell it, you **can't** market it



# Creating Policy Language (1)

---

- **Comprehensive:** All sections included
- **Strongly worded:** Requires implementation
- **Strong language:** Shall, must, will, require, comply, enforce
- **Weak language:** Should, may, encourage, promote, to the extent possible
- **Specific:** Subsections provide details of what, when, how, and who



# Creating Policy Language (2)

---

## Key Steps to Creating Strong Policies:

- Begin with elements required by Federal or State standards
- Gain buy-in and build consensus for areas up to local discretion, or when considering stricter standards
- Increase language strength over time



# Creating Policy Language - Practice

---

- Nutrition education shall be provided as part of the health education program for elementary schools
- Food as a reward is prohibited
- The district strongly encourages nonfood fundraising



# Policy Leadership

---

**Requirement:** Designate one or more officials that ensure each school complies with the LSWPs

**Definition:** The school official that has the authority and responsibility for the wellness policy

- Must notify public about the title or position of the school official
- Contact information recommended



# Public Involvement

---

## Requirement:

- Permit a variety of partners to be involved in development, implementation, periodic review, and updates to the LSWP
- LSWP must include a description for how partners will be provided an opportunity to participate



# Definition of Public Involvement

---

**Definition:** Partner engagement and participation

**Example of Method:** Wellness committee





# Public Notification

---

**Requirement:** Must notify the public on how they can be involved in the LSWP process and provide them with an annual update and triennial assessment results



**Definition:** Process of communicating to partners and the general school community about the wellness policy and progress towards goals

# Public Notification Examples

---

- Website and social media
- Emails or letters
- Announcements and reports at meetings and other gatherings



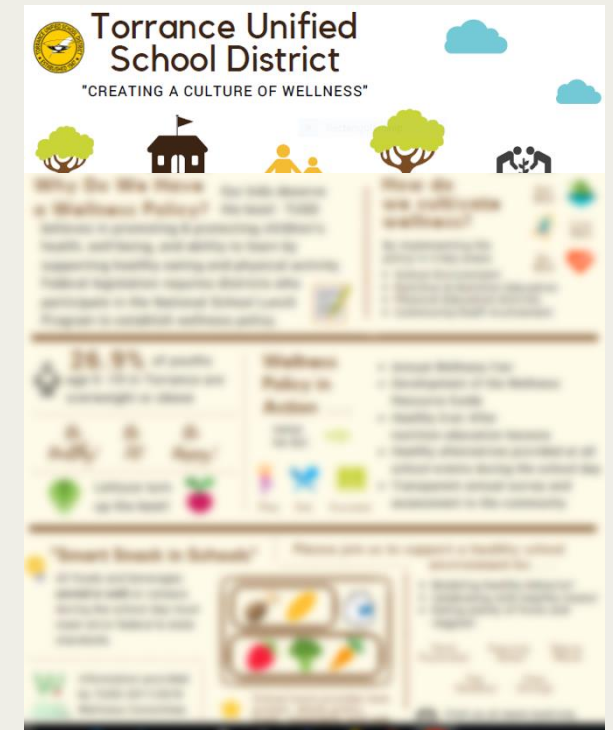
# Annual Updates

---

**Requirement:** Make available to the public the content of the wellness policy, including any updates to the wellness policy, on an annual basis

## How Can the Public Be Notified?

- Web page, newsletter, social media
- Reports to the Board



# Nondiscrimination Statement

---

- Wellness policies must include the nondiscrimination statement
- The shorter statement can be used on the LSWP web postings **if** the full statement is included on the website
- Shorter statement can also be used on shorter documents
  - This institution is an equal opportunity provider
- The full statement must appear on LSWP if it is printed



# Evaluation: Triennial Assessment (1)

---

**Requirement:** Conduct an assessment of the wellness policy at least every three years and notify the public of the results.



# Evaluation: Triennial Assessment (2)

---

The assessment must include:

- The extent to which your schools are in compliance with your LSWP
- The extent to which your LSWP compares to a model LSWP
- A description of the progress made in attaining the goals of your LSWP



# Triennial Assessment Template

---

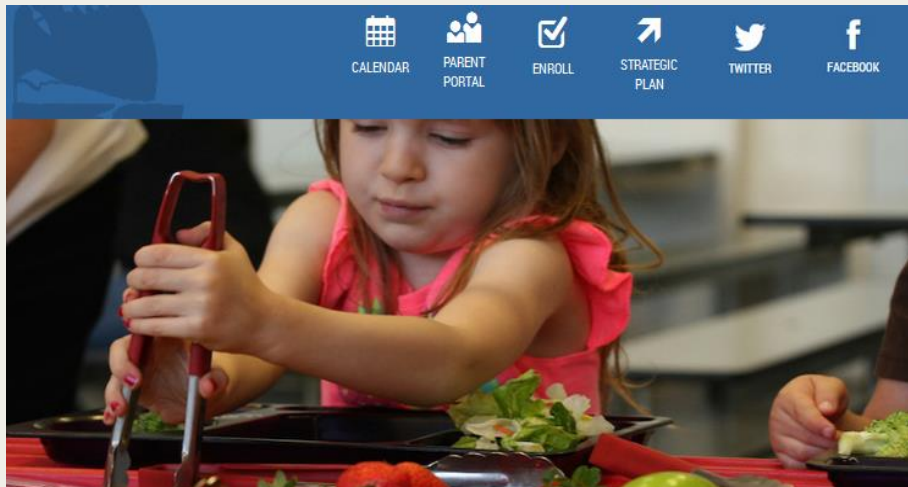
Visit the California LSWP Collaborative website



# Documentation: Administrative Review (1)

---

- Copy of current written LSWP or link to web page
- Documentation on how the policy and assessments were made available to the public



## Our Wellness Policy

 [WellnessPolicy.pdf](#)

## Why a Wellness Policy?

[Childhood Obesity  
& Diet Related Illness](#)

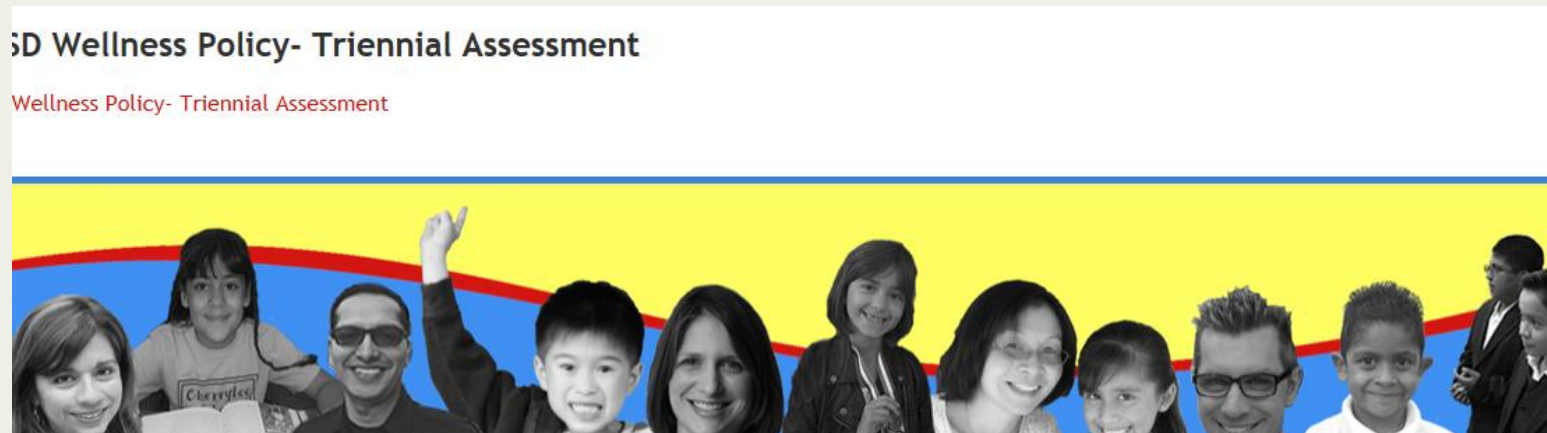




# Documentation: Administrative Review (2)

---

- Documentation of efforts to review and update the policy, who was involved, and how stakeholders were notified
- The most recent triennial assessment



# Summary of LSWPs Requirements (1)

---

- Specific (and measurable) goals for student wellness
- Standards for all foods and beverages sold and for those provided
- Policies for food and beverage marketing



# Summary of LSWPs Requirements (2)

---

- Identification of wellness policy leadership
- Public involvement and public notification
- Annual updates and triennial assessment (also made available to the public)



# Challenges

---

- Wellness committee participation/leadership
- Commitment
- Compliance
- Setting/implementing goals or areas of focus
- Assessing environment
- Evaluation
- Others?





# Resources (1)

Questions: [LSWP@cde.ca.gov](mailto:LSWP@cde.ca.gov)

CDE's LSWP web page:

<https://www.cde.ca.gov/ls/nu/he/wellness.asp>

Child Nutrition Programs Course Catalog

<https://www.cde.ca.gov/ls/nu/ed/cnpscoursecatalog.asp>

- Courses 310 and 886 under the SNP tab



## Resources (2)

Local School Wellness Policy Final Rule—Revised  
Management Bulletin SNP-13-2017

<https://www.cde.ca.gov/ls/nu/sn/mbsnp132017.asp>

[California LSWP Collaborative](#)

[Federal Local School Wellness Policy requirements \*\*Title 7,\*\*  
\*Code of Federal Regulations, Section 210.31\*](#)

# Homework

---

More??





# Professional Standards Crediting

---

Instructional Hours – (1 hour)

**Key Area:** Administration (3000)

**Training Topic:** Program Management (3200)

**Learning Objective:** Healthy School Environment  
(3230)



# Questions

---



**For additional questions**

**LSWP@cde.ca.gov**



**THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY PROVIDER.**

**Thank you!**