



# Putting Your Wellness Policy into Practice

**Staci Boretzky**

Healthy Schools Program Manager  
Alliance for a Healthier Generation

## OUR VISION

All young people  
deserve a chance to  
live healthier lives.

## OUR MISSION

We work to empower kids  
to develop lifelong healthy  
habits by ensuring the  
environments that surround  
them provide and promote  
good health.

Engage

Set Goals

Assess &  
Monitor

Report &  
Inform

**Want to put  
your wellness  
policy into  
practice?**

**WE CAN HELP.**

## Healthy Schools Program Tools

Engage

- ✓ School Building and District Level Dashboard
- ✓ School Wellness Guide and Toolkit

Set Goals

- ✓ Framework of best practice
- ✓ Online Action Planning Tool (based upon Assessment results)

Assess &  
Monitor

- ✓ Online Assessment Tool (SHI)
- ✓ Action Planning Tool status and export for reporting
- ✓ Alliance Model Policy

Report &  
Inform

- ✓ Communication Checklist
- ✓ Promote your program resources
- ✓ District level snapshot reports
- ✓ America's Healthiest Schools National Award

# Tools & Resources

# Online Assessment & Action Planning Tool



Provides a dashboard for your district and school to build a team and access our tools and resources

Assessment tool comprehensively looks at your district and school environment, providing you with insight to strengths and gaps at a district and building level

Provides the Action Plan tool to help your team make a plan and connect with evidence-based resources and tools to put policies and programs into place

Captures valuable data to inform decisions to improve the school environment

# District Level Dashboard

ALLIANCE FOR A HEALTHIER GENERATION

LOG OUT HELP 121 ALERTS ACCOUNT YOUR D ALVO

## Healthy Schools Program

**Distribute Your Responses**

Need help with distributing your responses? [Check out our Online Help Guide.](#)

**If you *have* already distributed your responses,** take the next step by encouraging the schools in your district to participate in the Healthy Schools Program. **Get started now by sending them this email!** Before sending, be sure to enter the email addresses of the school leaders in the To: field.

[See a list of which schools in your district are already enrolled in the Healthy Schools Program.](#)

### Your District's Assessment Progress:

MODULE 1	MODULE 2	MODULE 3	
School Health and Safety Policies and Environment	Health Education	Physical Education and Other Physical Activity Programs	Nu

Dashboard ←

Assessment ←

Celebration

Tools & Resources

Training Opportunities

# School Health Index Assessment Tool



ALLIANCE FOR A HEALTHIER GENERATION

LOG OUT HELP ALERTS 320 ACCOUNT YOUR SCHOOL DEV CDC STATE AGENCY

Continue to [work on your Action Plan](#)

Need help working on your Action Plan? [Visit our Help Center](#)

## Healthy Schools Program

- Dashboard →
- Assessment ←
- Action Plan
- Celebration
- Tools & Resources
- Training Opportunities

MODULE 1	MODULE 2	MODULE 3	MODULE 4
<b>School Health and Safety Policies and Environment</b>  Working Toward <b>Bronze</b>	<b>Health Education</b>  Working Toward <b>Bronze</b>	<b>Physical Education and Other Physical Activity Programs</b>  Eligible for <b>Bronze</b>	<b>Nutrition Services</b>  Working Toward <b>Bronze</b>
<b>3 Items in Action Plan</b>	<b>Add Action Items</b>	<b>Add Action Items</b>	<b>1 Item in Action Plan</b>

MODULE 5	MODULE 6	MODULE 7	MODULE 8
<b>Health Services</b>  This module has no required questions.	<b>Counseling, Psychological &amp; Social Services</b>  This module has no required questions.	<b>Health Promotion for Staff</b> 	<b>Family &amp; Community Involvement</b> 



MODULE 1  
**School Health and  
Safety Policies and  
Environment** →

MODULE 2  
**Health Education**

MODULE 3  
**Physical Education and  
Other Physical Activity  
Programs**

MODULE 4  
**Nutrition Services**

MODULE 5  
**Health Services**

MODULE 6  
**Counseling,  
Psychological & Social  
Services**

MODULE 7  
**Health Promotion for  
Staff**

MODULE 8  
**Family & Community**

# School Health and Safety Policies and Environment

Nice job! You have answered all the required questions in this module and unlocked **your Action Plan**. Add one or two of the items below, and we'll help you work on them with resources, trainings and support.

[Watch this video](#) for help working with a Module.



Your Action Plan is unlocked  
for this module! **Add items to  
your Action Plan to continue.**



## Required Items

ADD TO  
ACTION  
PLAN



**Representative school health committee or team** - 101  
PARTIALLY IN PLACE



**Local wellness policies** - 102  
UNDER DEVELOPMENT



Added!  
REMOVE



**Recess** - 103  
PARTIALLY IN PLACE



MODULE 1

School Health and Safety Policies and Environment →

MODULE 2

Health Education

MODULE 3

Physical Education and Other Physical Activity Programs

MODULE 4

Nutrition Services

MODULE 5

Health Services

MODULE 6

Counseling, Psychological & Social Services

MODULE 7

Health Promotion for Staff



Representative school health committee or team • Module 1: 101

FULLY IN PLACE

REQUIRED

Does your school have a representative committee or team that meets at least four times a year and oversees school health and safety policies and programs?

- Yes.
- There is a committee or team that does this, but it could be more representative of the school and include more individuals from across the school community.

Almost! 68% of schools in OR participating in the Healthy Schools Program meet this criterion, and your school is close. Do you want to add it to your Action Plan?

 **+** Add to Action Plan

- There is a committee or team, but it is not representative of the school community, or it meets less often than four times a year.
- No.

Healthy Schools  
Program

Dashboard

Assessment

Action Plan →

Celebration

Tools &amp; Resources

Training Opportunities

## Action Plan

[About Action Plan](#)[Help](#)

## Here's Your Action Plan

Choose an item below to access notes, resources, implementation strategies, and expert help specifically tailored to each of these criteria.

[Watch this video](#) for help working with your Action Plan.



**Professional development for teachers** • 311  
NOT IN PLACE



**Promote staff member participation** • 704  
UNDER DEVELOPMENT



**Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.** • 802  
NOT IN PLACE



**Family access to school facilities** • 803  
NOT IN PLACE



FOR THIS ACTION ITEM:

**Question Details** →

Notes

Resources

Implementation  
Strategies

Impact and  
Outcomes

Training

Evidence of  
Success

Get Help

Action Item  
History

## Question Details

Has your school **implemented** the following components of the district's local wellness policy?

- Nutrition education and promotion activities
- Physical activity opportunities
- Nutrition standards for all foods and beverages available on each school campus during the school day that meet or exceed the USDA's requirements for school meals and competitive foods and beverages
- Marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus.
- Other school-based activities that promote student wellness
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and

FOR THIS ACTION ITEM:

Question Details

**Notes** →

Resources

Implementation  
Strategies

Impact and  
Outcomes

Training

Evidence of  
Success

Get Help

Action Item  
History

You and your team can use this area to add your own notes, keeping track of tasks, challenges, and responsibilities.

Reviewed the Model Policy and proposed incorporating language for foods provided or served (celebrations, parties) in our district policy update

🕒 CREATED BY DONNA CRAWFORD ON 2016-05-23 15:19:55

 **EDIT**

 **DELETE**

🕒 LAST MODIFIED BY SHANNON VOGLER ON 2017-09-13 13:14:53

Adam F is working on employee health

🕒 CREATED BY ADAM FANNING ON 2017-05-03 15:56:13

 **EDIT**

 **DELETE**

# Smart Food Planner

[Smart Snacks](#) [Menu Plans](#) [Recipes](#) [Products](#) [Calculator](#) [About Us](#)



## Products

Browse for products that fit the reimbursable meal patterns or for foods and beverages that meet the Smart Snacks in School nutrition standards.



## Recipes

Freshen up your menu with these kid-friendly recipe ideas.



## Menu Plans

Check out our collection of great menu ideas.

# Smart Food Planner

**Visit often! We will be adding new products, recipes and menus regularly. As well as information on hot topics, trainings and new resources.**



## Breaking Child Nutrition News!

**USDA releases FY 2017 Farm to School Grant Program Request for Applications.** Learn more about Farm to School, then access the application and FAQs today! Applications are due 12/8 - don't



## Product Calculator

Take the guesswork out of school nutrition.

[View Product Calculator](#)

## How to Use This Tool

Browse **products** by category, ingredient, meal type and **Smart Snacks compliance**.

Find kid-friendly **recipes** for your school or site.

View **menu plans** to use as turnkey food service

## Food for Thought

### Tips for a Healthy Halloween, No Matter Where You Celebrate

10/19/2016 by Jill Turley, National Nutrition Advisor, Alliance for a Healthier Generation

Here are some tips for how to make your Halloween a healthy holiday, wherever you may celebrate.

### Last Minute Ideas for a Healthy Halloween

10/31/2016 by Daniel W. Hatcher, Director, Community Partnerships

# Model Wellness Policy

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

Updated 9/2016 to Reflect the USDA Final Rule

### [School District] Wellness Policy

*Note: This "Basic" district-level wellness policy template meets the minimum Federal standards for local school wellness policy implementation under the final rule of the [Healthy, Hunger-Free Kids Act of 2010](#), the Alliance for a Healthier Generation Healthy Schools Program Bronze-level award criteria, and minimum best practice standards accepted in the education and public health fields. Where appropriate, the template includes optional policy language school districts can use to establish a stronger policy that meets the Healthy Schools Program Silver or Gold levels. School districts should choose policy language that meets their current needs and supports growth over time.] If you are using this tool to compare your policy against others, include the language in italics as the strongest examples for comparison.*

#### Preamble

**[Insert School District name]** (hereto referred to as the District) is committed to the development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and lower performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption



#### Convene Your Committee

Build support with a wellness committee made up of diverse points of view.

[GET STARTED](#) ▶



#### Refresh Your Policy

Wellness policies establish the foundation for health-promoting practices throughout your school district.

[GET STARTED](#) ▶



#### Put Policy into Practice

Wellness policies require action and continuous evaluation at the school level.

[GET STARTED](#) ▶



#### Evaluate and Communicate

Reporting on your school's progress keeps everyone on track and motivated to continue meeting your goals.

[GET STARTED](#) ▶

#### Quick Links

[Alliance's Model Wellness Policy](#)  
[School Wellness C Toolkit](#)  
[Wellness Commit Guide](#)  
[USDA's Local School Policy Process](#)

#### USDA's Final Rule

The Alliance for a Healthier Generation can help you get up to speed on the final rule. June 30, 2017. Videos, training materials, templates and other resources that will help you in implementing the final rule.

[FINAL RULE](#)

Available Data



# Snapshot Report - District Results Summary

These data reflect the most current complete assessment submissions as of December 1, 2016



District:	Kenton Co School District (KY)
HSP Type:	All HSP Schools

## District Overview (All HSP Schools)

HSP enrollment		District	
Onsite	Online	Total	% HSP
0	17	19	89.5%

Assessment responses by school level			
Elementary	Middle	High	K-12
11	1	2	0

Overall award eligibility			
None	Bronze	Silver	Gold
14	0	0	0

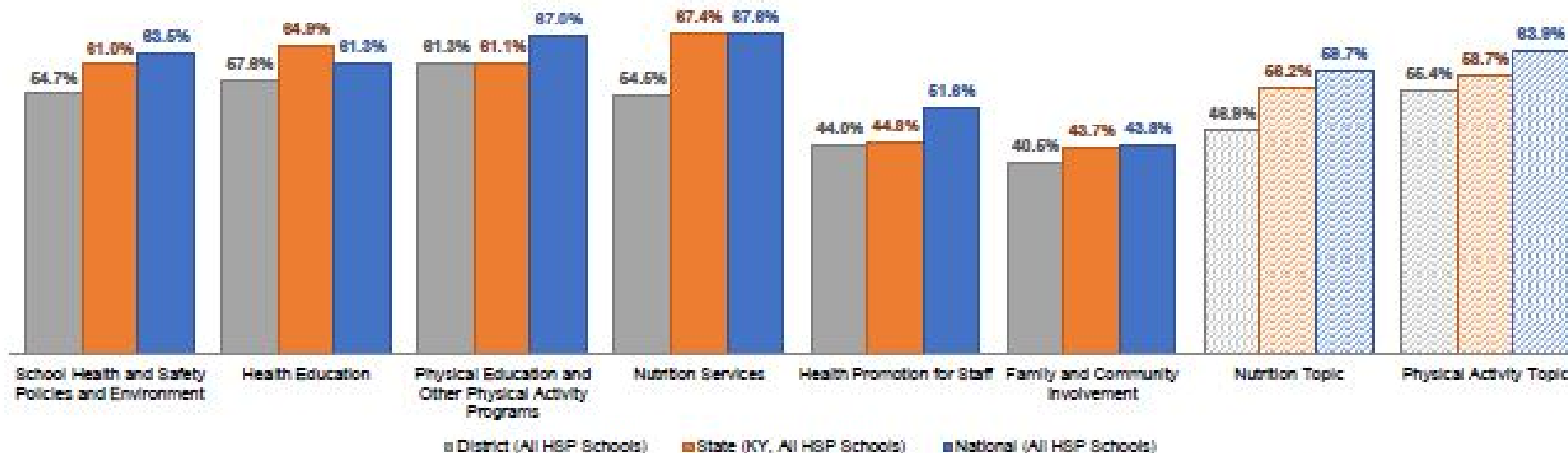
Schools completing at least one assessment			
Onsite	Online	HSP Schc.	%
0	14	17	82.4%

Schools completing assessment in current SY			
Onsite	Online	HSP Schc.	%
0	3	17	17.6%

Schools with action plans			
Onsite	Online	HSP Schc.	%
0	14	17	82.4%

# District Snapshot Report

Percentage of Items Fully Met on Current Assessments



This graph compares the total number of assessment items fully implemented (marked as a "3") on the most recent SHI assessment by module or topic to the total number of assessment items that could be fully implemented for all schools with a completed assessment by module or topic within the district, state or nation. Note that a school does not need to be fully meeting in all assessment items to be eligible for a Healthy Schools Award. Nutrition and Physical Activity topics refer to the collective assessment questions pertaining to the specific topics.



# Assessment Responses

As a complement to our online tool, our [Assessment Guide](#) includes a printable copy of the Assessment

## Healthy Schools Program

Dashboard

Assessment →

Action Plan

Celebration

Tools & Resources

Training Opportunities

Your school is currently working on these modules:

MODULE 1	MODULE 2
<b>School Health and Safety Policies and Environment</b> <i>Well Done! You now have 4 items in your Action Plan</i>	<b>Health Education</b> <i>Well Done! You now have 6 items in your Action Plan</i>
Work on your Action Plan or <b>add more Action Items.</b> Eligible for <b>Bronze</b> , <b>Silver</b> , and <b>Gold</b> Recognition	Work on your Action Plan or <b>add more Action Items.</b> Eligible for <b>Bronze</b> Recognition
<b>Review Responses</b>	<b>Review Responses</b>

MODULE 3	MODULE 4
<b>Physical Education and Other Physical Activity Programs</b> <i>Well Done! You now have 7 items in your Action Plan</i>	<b>Nutrition Services</b> <i>Well Done! You now have 1 item in your Action Plan</i>



# Action Plans

LOG OUT

HELP

ALERTS

ACCOUNT

DEVELOPMENTARY

## Healthy Schools Program

 Dashboard

 Assessment

 Action Plan [→](#)

 Celebration


















 Tools & Resources

 Training Opportunities

## Here's Your Action Plan

Choose an item below to access notes, resources, implementation strategies, and expert help specifically tailored to help you meet each of these criteria.

[Watch this video](#) for help working with your Action Plan.

- |   |  |   |   |
|---|--|---|---|
|    | <b>Professional development for teachers</b> • 311<br>NOT IN PLACE   |   |    |
|    | <b>Promote staff member participation</b> • 704<br>UNDER DEVELOPMENT   |   |    |
|    | <b>Student and family involvement in the school meal programs and other foods and beverages sold, served and offered on school campus.</b> • 802<br>NOT IN PLACE |   |    |
|  | <b>Family access to school facilities</b> • 803<br>NOT IN PLACE  |    |  |
|  | <b>Communication with families</b> • 804<br>UNDER DEVELOPMENT  |   |  |

[Add Action Items](#)

*Most schools do best when working on 3-5 Action Items at a time. To add more Action Items, visit the [Assessment](#) and select a module that your school has completed.*



PRINT



DOWNLOAD

Support

# Help

**How to Register**

**How to Add a  
School or District**

**Managing Your  
Account**

**Sending Invitations**

**Managing Your  
Team**

**Using Assessment**

**Using Action Plan**

## How Can We Help?

Our website is designed to help you assess your school in your own way and at your own pace. And sometimes you may need help. Choose a topic from the left to learn more about it.

**Open this page in a new window** and reference it as you go through our site.

If you need any additional help, do not hesitate to call our Member Engagement & Support Team. They are ready to help you find the resources you need to transform your school into a healthier place.

Email us at [help@healthiergeneration.org](mailto:help@healthiergeneration.org) or call us toll-free at (888)-543-4584.

**Need  
HELP**

**Connect with our  
Virtual Program  
Manager for support!**



**Sean Gustafson**

Healthy Schools Program Manager  
Sean.Gustafson@HealthierGeneration.org  
310-562-7361

# Member Engagement & Support Team

## Your School Health Guides

9:00 am-7:00 pm EDT Monday-Friday  
1-888-543-4584 or [help@healthiergeneration.org](mailto:help@healthiergeneration.org)



**Nicole Dufour**  
Member Engagement &  
Support Manager



**Kayla Bowman**  
Member Engagement &  
Support Manager



**THANK YOU**

**Questions?**