State Laws versus Local School Wellness Policy Requirements Flow Chart

A local school wellness policy is a federally-required written document that guides a local educational agency's (LEA's) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn.

KRS 158.856, KRS 160.345 and 702 KAR 6:090, however, require annual assessment and the reporting of the school nutrition and physical activity environments.

While these are two different processes, there are activities that overlap, as well as tools that can be used for both processes. This graphic serves as a visual to better understand each process and their similarities and differences in implementation.

KRS 158.856, KRS 160.345 and 702 KAR 6:090

Requires annual assessment and evaluation* of school nutrition and physical activity environment (amount of time and types of physical activity provided). Alliance for a Healthier Generation's Healthy Schools Program, Centers for Disease Control and Prevention's (CDC) School Health Index or other assessment tool may be used.

Requires the release of the assessment and evaluation at least 60 days prior to a public forum. The director may issue the report by posting it to the district's website.

The school board shall discuss findings of the nutrition report and physical activity report and seek public comments during a special board meeting or the next regularly scheduled board meeting following the release of the reports.***

By Jan. 31, the local board shall hold a forum to present** a plan to improve school nutrition and physical activities in the district.

The superintendent shall submit a summary of the findings and recommendations to the Kentucky Department of Education (KDE) by May 1 of each year. They may release the report via posting to the district website.

The highlighted items show possible overlaps, in hopes of not duplicating work.

The results of the annual assessment of the nutrition and physical activity environments can also be used to show compliance of schools with the local school wellness policy and provide documentation of that implementation.*

The board meeting and/or the public forum to discuss the annual assessment results and plan for improvement, can also be the same time in which the general public is able to participate in the wellness policy process (e.g. review of the policy, review of any proposed changes) and will provide documentation of how stakeholders were made aware of their ability to participate.**

USDA Local School Wellness Policy

At a minimum, policy must include:

- Specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.
- Standards and nutrition guidelines for all food and beverages sold to students on the school campus during the school day.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g. classroom parties, celebrations, snacks brought in).
- Policies for food and beverage marketing to meet Smart Snacks in Schools.
- Description of public involvement, public updates, policy leadership and evaluation plan.

Must establish one or more LEA officials as wellness policy leadership who have the authority and responsibility to ensure each school complies with the policy. Permit participation by the general public** and the school community in the wellness policy process.

Triennial Assessments:

LEA must conduct an assessment of the wellness policy every three years at a minimum. The assessment will determine:

- Compliance with the wellness policy* (i.e. Alliance for a Healthier Generation's Healthy Schools Program, CDC's School Health Index or other assessment tool).
- How the wellness policy compares to model wellness policies (i.e. WellSAT).
- Progress made in attaining the goals of the wellness policy.

The KDE will examine records during the Administrative Review, including:

- Copy of the current wellness policy.
- Documentation on how the policy and assessments are made available to the public.
- The most recent assessment of implementation of the policy.*
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.**

The final rule requires that LEAs update or modify the wellness policy as appropriate.

The rule requires that LEAs must make available to the public:

- The wellness policy including any updates to and about the wellness policy – on an annual basis, at a minimum.
- The Triennial Assessment, including progress toward meeting the goals of the policy.

