

Local. Wellness Policy (LWP) Checklist

According to the [Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010 | Food and Nutrition Service \(usda.gov\)](#) - All **10 components** below are required to be included in the LWP. On your district wellness policy, please highlight where each component is addressed. If the component is included in an administrative rule, regulation, or other policy document, please include that document highlighted as indicated.

| Components | Best Practices |
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| 1. Policy Leadership: Identify one or more school district and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy | <p><i>Superintendent or Associate Superintendent</i></p> <p>Best Practices:</p> <ul style="list-style-type: none"> • A school champion is the LWP leader • A LWP leader is identified at each school • LWP leader has influence in school and community • LWP leader has time to support committee's goals <p>Measurable Goal (s):</p> <ul style="list-style-type: none"> • By June 2023, the principals will identify a wellness champion at 25% of the schools. |
| 2. Public Involvement: Permit caregivers, 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 review and update of the local/district school wellness policy | <p><i>Actively engaged CSHAC meets at least once per year to discuss Local Wellness Policy goals and progress</i></p> <p>Best Practices:</p> <ul style="list-style-type: none"> • Team consists of members from rural and urban schools • Team is diverse (gender, race, disability status, etc.) • Team consists of members with differing roles within the school community. • Team schedules at least four meetings throughout the school year <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> • By June 2023, 25% of the schools will have diverse committee members. • By June 2023, at four of the eight populations listed in the LWP will be represented on the district wellness committee. |
| 3. Foods Sold Outside the School Meal Program (Competitive Foods and Beverages): - Nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with Federal regulations for school meals and Smart Snacks in School | <p><i>Language stating: "Competitive foods and beverages <u>must/are required to</u> meet Federal Standards or USDA Nutrition Standards." (Some policies may not specifically state "Smart Snacks" but stating "Encouraged to meet" is not in compliance.)</i></p> <p>Best Practices:</p> <ul style="list-style-type: none"> • School does not sell food outside of the meal program. • Fundraising consists of non-food items (fun races, walk-a-thon, ., magazine subscriptions, dance-a-thon, etc.) |

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| | <ul style="list-style-type: none"> Smart Snacks standards apply to all fundraising activities (i.e., on and off campus). <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> By June 2023, 25% of the schools' vending machines will be Smart Snack compliant. |
| 4. Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties or classroom snacks brought by parents) | <p><i>These standards should be stated in policy or another policy-related document. (Stating that standards will be determined/established is not in compliance).</i></p> <p>Best Practices:</p> <ul style="list-style-type: none"> All foods and beverages meet Smart Snacks Standards Classroom parties involve physical activity Provide a list of healthy, non-food rewards or party ideas to staff and caregivers Adopt a healthy celebrations and birthday policy <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> By June 2023, 50% of schools will have implemented healthy celebration practices |
| 5. Food and Beverage Marketing: Policies for marketing and advertising of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus during the school day | <p><i>Language stating: "Marketing and advertising is only permitted for foods and beverages meeting Federal Standards or USDA Nutrition Standards during the school day." (Some policies may not specifically state "Smart Snacks" but stating "Encouraging" is not in compliance.)</i></p> <p>Best Practices:</p> <ul style="list-style-type: none"> All foods and beverages marketed or promoted to students meet or exceed Smart Snacks Standards. This includes the marketing of products on: • the exterior of vending machines • posters, flyers, menu boards, coolers, trash cans and other foodservice equipment • cups used for beverage dispensing <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> By June 2023, expired vending contracts will be updated to include only products that meet Smart Snacks in School nutrition standards. By June 2023, 50% of schools will have completed inventory of current food and beverage items marketed on campus for compliance to Smart Snack standards. |

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| <p>6. Nutrition Education and Promotion- Specific goals for nutrition education and promotion activities</p> | <p>Best Practices:</p> <ul style="list-style-type: none"> • <i>Implement nutrition education training for teachers and other staff and nutrition education for all students</i> • <i>Coordinate nutrition education classes with cafeteria activities.</i> • <i>Register as a Team Nutrition (TN) School and utilize TN resources.</i> <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> • <i>By June 2023, all schools in the district will be registered as Team Nutrition Schools(School Team Nutrition (usda.gov))</i> • <i>By 2023, Farm to School programs/school gardens will be in 50% of district schools.</i> • <i>By 2023, cafeteria nutrition promotion activities (local procurement, taste tastings, garden-based lessons) will be implemented monthly in all schools.</i> |
| <p>7. Physical Activity- Specific goals for physical activity opportunities</p> | <p>Best Practices:</p> <ul style="list-style-type: none"> • <i>Students participate in 60 minutes of physical activity every day</i> • <i>Physical activity is not used or withheld as a punishment</i> • <i>Physical activity and physical education are adapted to make accessible to students with disabilities</i> • <i>Recess is provided before lunch to all students daily</i> • <i>SC FitnessGram data used to drive decisions at the school district, school, and classroom level to improve student fitness and health.</i> • <i>Physical education is scheduled for at least 90 minutes a week in elementary (2005 SC Students Health and Fitness Act) and at least 150 minutes a week in middle and high school.</i> <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> • <i>By June 2023, all PE teachers will receive training on SC FitnessGram.</i> • <i>By June 2023, 75% of PE teachers will complete fitness testing for the required grades and share district and school-level data reports with administrators.</i> |

| <p>Update/Inform the Public:</p> <p>8. Inform and update the public (including caregivers, students, and others in the community) about the local/district school wellness policy on an annual basis</p> | <p><i>Utilize district website, social media, and/or newsletters to share the District Wellness Policy with the public on an annual basis.</i></p> <p>Best Practices:</p> <ul style="list-style-type: none"> • <i>LWP is located on district and school website</i> • <i>LWP updates are emailed to caregivers</i> • <i>LWP updates are sent home to caregivers</i> • <i>LWP updates are published in district and schools' newsletters</i> • <i>LWP updates are shared at school board meeting</i> • <i>LWP updates are shared at presentations to caregivers</i> <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> • <i>By June 2023, make the current LWP available to the public via the district website, newsletter, social media or other media outlets.</i> • <i>By June 2023, implement at least three methods for sharing LWP updates with the public.</i> |
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| Components | Best Practices |
| <p>9. At least once every three years, measure:</p> <ul style="list-style-type: none"> • the extent to which schools are in compliance with the local/district school wellness policy, • the extent to which the local education agency's local/district wellness policy compares to model local school wellness policies, • the progress made in attaining the goals of the local/district wellness policy and make this assessment available to the public. | <p>Best Practices:</p> <ul style="list-style-type: none"> • <i>Utilize the LWP Annual Progress Report Survey (due annually in February to SCDE)</i> • <i>Utilize Healthier Generation district reports</i> • <i>Compare district LWP to model LWPs</i> https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy • <i>Utilize district website, social media, and/or newsletters to share progress.</i> <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> • <i>By June 2023, the completed SCDE LWP Triennial Assessment Report will be made available to the public via the district website, social media, or other media outlets.</i> |

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| <p>10. Specific goals for other school-based activities that promote student wellness (must have at least one additional goal)</p> | <p>Best Practices:</p> <ul style="list-style-type: none"> • <i>Schools will allow community members access to the district's outdoor physical activity facilities before and after school when not in use.</i> • <i>Schools partner with local community organizations, businesses, or local hospitals to engage students and their families in health promotion activities.</i> • <i>Schools will not use foods or beverages as rewards for academic performance or good behavior.</i> • <i>Schools will not withhold foods or beverages for punishment.</i> • <i>Teachers are provided with a list of alternative ideas for behavior management.</i> • <i>Free, safe, unflavored, drinking water available throughout the school day, throughout every school campus.</i> <p>Measurable Goal(s):</p> <ul style="list-style-type: none"> • <i>By June 2023, Schools will offer at least one staff wellness program such as weight management, health assessments, and physical activity opportunities.</i> |
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