

# Marin Physical Activity Nutrition Wellness Collaborative

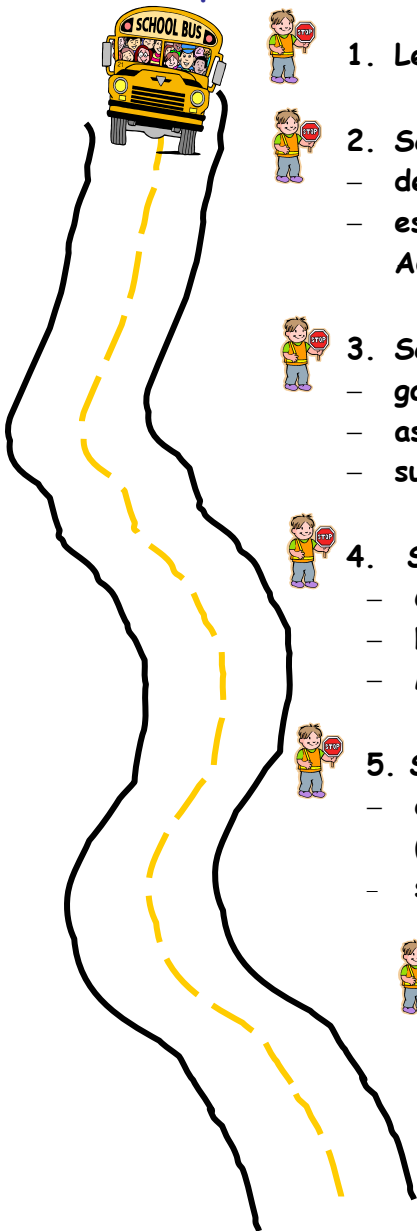
## A Roadmap for Creating Local School Wellness Policy



### What you need to know:

- ▶ In June of 2004, the President signed the Child Nutrition and WIC Reauthorization Act into law.
- ▶ Section 204 of this law requires all school districts that participate in the National School Lunch and/or School Breakfast Program to have a local wellness policy in place by June, 2006.
- ▶ This Act was a true bipartisan effort as there were no dissenting votes on the final bill. It also recognizes the vital role that schools play in promoting student wellness and preventing childhood obesity and chronic diseases that result from poor nutrition and physical inactivity.

### The steps below are a guide to assist in developing your School Wellness Policy:



1. Learn about Section 204 Local Wellness Policy requirements
2. School District appoints a coordinator responsible for:
  - development and implementation of the School Wellness Policy
  - establishment of the School Health Council (also called School Nutrition Advisory Council or SNAC )
3. School Health Council meets to:
  - gather/review existing district health policies
  - assesses the school environment
  - summarize results
4. School Health Council reviews:
  - CSBA Sample Board Policy
  - National NANA Model Policy Framework
  - Marin School Wellness Vision Recommendations
5. School Health Council works toward:
  - drafting the local School Wellness Policy (including local tech support, resources, budget etc.)
  - submitting Policy to School Board by March for June 2006 approval.
6. School Health Council develops a plan for on-going implementation and evaluation of policy
7. District/School implements policy using best practices and local resources

Results = *Happy Healthy Kids!*

