





- *Good afternoon, Welcome, everyone. Thank you for joining us for our final webinar. My name is Zainab Rida and I am the director of NE TN program at the department of Education.*
- I am very pleased to present our final SWP webinar. I hope you have found these serious of webinar helpful for you with revising your school wellness policy.
- Before proceeding, I would like to review some logistics of the Webinar. All participants have been placed in listen only mode and this presentation is being recorded for the future dissemination. A link to the recorded webinar along with a deck of slides of this presentation will be shared with you via a follow up email from me. *If you have any questions during the presentation, please type them into the question box in your control panel. I will bring them up at the end of the webinar and try to answer your questions.*
- You can also email your question directly to me That email address is zainab.rida@Nebraska.gov

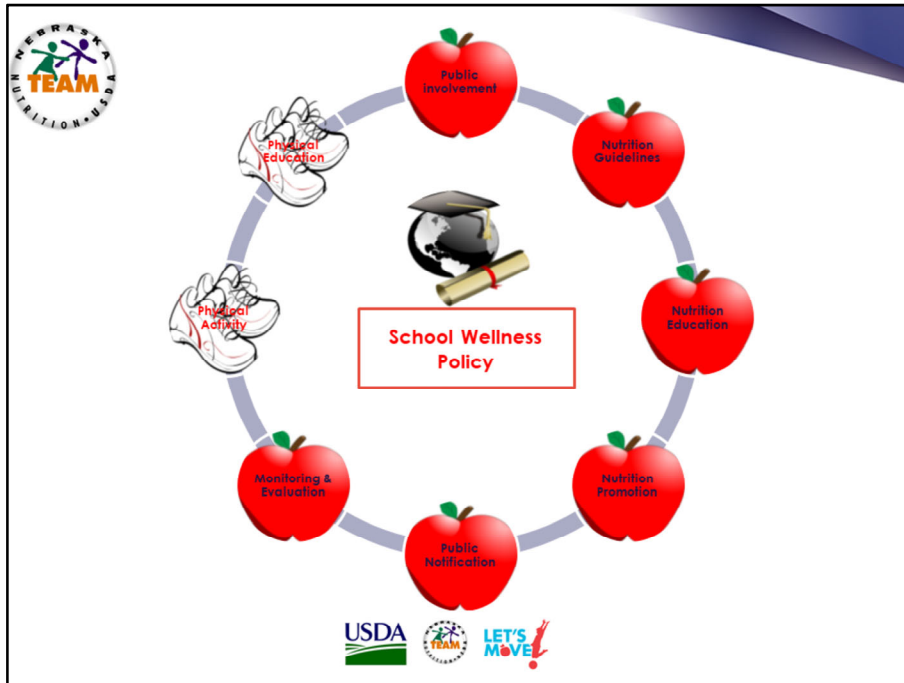


Outline

- Summary of the all of SWP elements
- Final provision of the Monitoring /Evaluation
- Best Practices on Monitoring/Evaluation
- Administrative Review & Monitoring/Evaluation
- Resources on Monitoring/Evaluation
- Next Step



- The outline of today webinars is to
- Provide a summary of all the seven previous webinars
- Introduce the final provision of the evaluation and monitoring
- Identify best practices regarding this element
- Highlight some of the administrative review questions regarding this element and provide some possible answers for these questions
- Share some of the great TN resources to help schools to evaluate and monitor their SWP.
- And finally, I will conclude our webinar with your next step on revising and developing your SWP.





As you all know, On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by Local educational agencies LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

- The new regulations require districts to include all these 8 elements.
- Public involvement
- Nutrition Guidelines
- Nutrition Education
- Nutrition Promotion
- Public notification
- Physical activity and Education
- Monitoring and evaluation.


Wellness Policy Requirement Overview

- ~~Public Involvement~~
- ~~Nutrition Guidelines~~
- ~~Nutrition Education~~
- ~~Nutrition Promotion~~
- ~~Physical Activity~~
- ~~Physical Education~~
- ~~Public Notification~~
- **Monitoring and Evaluation**





- So far we have addressed the public involvement. The final rules of the first element indicate that each LEA must allow parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy.
- The final rule of the nutrition guidelines which would require that the local school wellness policy include nutrition guidelines for all foods and beverages available to students on each participating school campus under the LEA during the school day. This requirement, ensures that policies include guidance about foods and beverages available for sale that is consistent with the regulations governing school meals and competitive foods for sale in schools, and also encourages districts to establish standards for foods made available, but not sold, during the school day on school campuses.
- We have also highlighted the final of NUTR Education. The final rules are now required to include goals for nutrition education and promotion that promote students' wellness. In developing these goals, LEAs must review and consider evidence-based strategies and techniques that link education with the school environment.
- We have also introduced the nutrition promotion. LEAs are now required to include goals for nutrition promotion to improve the nutrition environment:
- We have also introduced the final provision on PE and PA. LEAs are now required to include goals for physical activity, PE and other school-based activities to promote student wellness. Last week we shared about the public notification. The final rules indicate that LEAs are now required to inform and update the public about the content and implementation of local wellness policies.
- Today we will be focusing on the last element of SWP, Monitoring and Evaluation.

Monitoring and Evaluation



LEAs must assess compliance with the local wellness policy requirements as a part of the general areas of the administrative review every 3 years. The extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.



The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review which is every 3 years.


LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy,
- How the wellness policy compares to model wellness policies, and
- Progress made in attaining the goals of the wellness policy.

As far as Documentations needed for the review

The State agency 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, and
- 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.



Monitoring and Evaluation

Sample Policy Language

- The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This report will include, but is not limited to:
 - ✓ The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy; and
 - ✓ A description of each school's progress in meeting the wellness policy goals;
 - ✓ Information on how individuals and the public can get involved with the DWC or SWC.



Here are some sample of policy language that help meeting the monitoring and evaluation component.

- The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This report will include, but is not limited to:
 - ✓ The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
 - ✓ A description of each school's progress in meeting the wellness policy goals;
 - ✓ And Information on how individuals and the public can get involved with the DWC or SWC.

Monitoring & Evaluation (AR 1002)

- When and how does the review and update the Local school Wellness Policy occur?
- Provide documentation to support the response or appropriate web address.


- At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.
- The position/person responsible for managing the triennial assessment and contact information is _____ (*list the person responsible here, their title, and their contact information*).
- The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- The District [*or school*] will actively notify households/families of the availability of the triennial progress report.

Here are a couple of questions schools will be asked during the administrative review.

- When and how does the review and update the Local school Wellness Policy occur?
- And the second question, Provide documentation to support the response or appropriate web address.




Here are examples of responses to these questions

- At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.
- The position/person responsible for managing the triennial assessment and contact information is _____ (*list the person responsible here, their title, and their contact information*).
- The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- The District [*or school*] will actively notify households/families of the availability of the triennial progress report.



5 WH Questions

- **WHAT** are we going to do?
- **WHO** is going to be responsible for the activities?
- **WHEN** do we want this to be completed?
- **HOW** are we going to do these activities?
- **BY HOW MUCH:** %, #



LEAs must also formally assess their policies to ensure that goals and objectives are being met.

So LEAs need to develop measurable objectives to help with monitoring and evaluating SWP. Your objectives should address the 5 WH questions.

WHAT are we going to do?


WHO is going to be responsible for the activities?

WHEN do we want this to be completed?

HOW are we going to do these activities?

And it is very important to include an indicator to measure your success. And this can be done by setting a percentage or numbers as a benchmark to compare before and after implementing a policy. And I will share with you an example in the next slide.




Usually, your objective should include BY HOW MUCH: %, # how would you measure your success?



Measurable Objectives

| When | Who | What | How Much |
|--------------|---------|-----------------------------------|--------------------|
| By May 2017, | we will | increase PA for students | by 60 minutes/week |
| | | by offering PA breaks in classes. | |

- ✓ **What:** increasing PA
- ✓ **When:** By May 2017
- ✓ **How:** Offering PA breaks in classes.
- ✓ **Who:** Schools
- ✓ **How Much:** 60 minutes/week



Let's take a look at this objective. By May 2017, we will increase PA for students by 60 minutes/week by offering physical activity breaks in classes.


So increasing the PA is the what

By May 2017 is the when

Offering PA breaks in classes is the how

Schools is who




And 60 minutes per week is how much



Monitoring and Evaluation


Assess and evaluate compliance

- Student health trends, e.g. fitness tests, nutrition habits
- Time spent on physical activity
- Nutrition education and PA programs conducted
- Financial impact, e.g. cafeteria a la carte sales, vending machines



Schools can do this a number of ways such as:

- *Evaluating health trends through fitness testing or nutrition habits through surveys*
- *Assess time spent on physical activity*
- *Track how many nutrition education programs were conducted in a certain time period*
- *And also Evaluating the financial impact- monitoring a la carte sales etc.*




Nebraska Department of Education
Wellness Policy Requirement: *Implementation and Monitoring Plan*

Team Members _____ Date _____

| | What | Who | When | How | | | | |
|---|---|---------------------|--------------------------|------------|------------------|------------------------------|--|------------|
| Requirement | Implementation Strategy | Implementation Plan | Person /Team responsible | Date Due | Date Implemented | Monitoring Plan | Policy Compliance? Action Plan to correct | Eval. Date |
| Public Involvement | | | | | | | | |
| Collaborative community Wellness Team to develop, implement and review policy | | | | | | | | |
| <input type="checkbox"/> | Build a Wellness Team including: parents, teachers, physical education instructors, school health professionals, school board and administration, and community members | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Wellness Team meets a minimum of 4 times/year | | | | | Meeting's agenda and minutes | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Nutrition Guidelines | | | | | | | | |
| Standards for all food available on school campus | | | | | | | | |
| <input type="checkbox"/> | School breakfast (USDA guidelines, Grab & Go, Universal, Classroom) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | School lunch (USDA guidelines, scratch-made, healthy menu changes, farm to school) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Increase availability of fruits and vegetables (e.g. salad bar, farm stand) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Free water available during lunchtime | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Competitive foods: A la Carte | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Vending Machines | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | School Store, Concessions | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Classroom/school celebrations | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Using non-food rewards | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| <input type="checkbox"/> | Healthy fundraisers | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |

This document help schools with the implementation and monitoring their school wellness policy by identifying the what, when, who and how. It includes all the 8 elements of SWP and suggest an implementation's strategy and measureable objective for each strategy. As I just mentioned earlier and Under the final rule, schools must also inform and update the public about the content of their policies and the status of policy implementation. LEAs must also formally assess their policies to ensure that goals and objectives are being met. With greater transparency on the effectiveness of these policies, parents and other community stakeholders will be better informed and positioned to improve the school nutrition and wellness environment.



Nebraska Department of Education
Wellness Policy Requirement: *Implementation and Monitoring Plan*


School Name _____ Team Members _____ Date _____


| | | | | | | | |
|---|--|--|--|--|--|--|--|
| <input type="checkbox"/> | Providing sufficient lunch times | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | 10 minutes to eat breakfast after sitting down | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | 20 minutes to eat lunch after sitting down | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Nutrition Education Goals for nutrition education | | | | | | | |
| <input type="checkbox"/> | Classroom –based (incorporated into curriculum, skill-based, cooking classes) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | Cafeteria interventions (Provide information, “Eat the colors of the rainbow” themes) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | Foodservice staff education (scratch cooking, healthy meals) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | Staff training (Continuing education on Nutrition) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | Home and community (Sending information home, community education Nutrition /Physical Activity nights) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Nutrition Promotion Changing the school environment to support healthy eating | | | | | | | |
| <input type="checkbox"/> | Become a Healthier US School | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | Become a Team Nutrition School | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <input type="checkbox"/> | Cafeteria ambience/education (supervision, noise level, visual appealing, etc.) | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |


I will share this document with you when I sent you a link to this recorded webinar. It includes all the 8 elements and suggested strategies on implementing each element.


Assessment (Needs Assessment, Monitoring and Evaluation)

<https://healthymeals.fns.usda.gov/local-wellness-policy-resources/local-school-wellness-policy-process/assessment-needs-assessment>

 **School Health Index (2014)** [↗](#)
Centers for Disease Control and Prevention.
 An online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. Based on CDC's Coordinated School Health model for improving students' health and learning, the SHI measures how well schools address six health topics: nutrition, physical activity, unintentional injury and violence prevention, tobacco use prevention, asthma, and sexual health. This comprehensive tool will help you to evaluate where your school stands and will guide your team in determining priorities and developing goals.

 **School Health Index (Healthy Schools Program version) (2016)** [↗](#)
Alliance for a Healthier Generation.
 The Healthy Schools Program website hosts a version of the School Health Index that addresses two health topics: nutrition and physical activity. It also includes resources, access to national experts, and opportunities to earn national awards from the Alliance in addition to the USDA's HealthierUS School Challenge and Let's Move! Active Schools.









 **School Wellness Policy Annual Report Checklist (2015) (PDF | 568 KB)**
Alaska Department of Health and Social Services.
 This fillable document is used by some Districts in Alaska to develop reports on the school wellness policies and prepare for their review. This example can be adapted for other States and jurisdictions to meet their needs.

 **WellSAT 2.0 (2013)** [↗](#)
UConn Rudd Center for Food Policy and Obesity.
 The Wellness School Assessment Tool (WellSAT) can be used to assess the quality of the school district's wellness policy, and provides personalized guidance and resources for making improvements. This tool focuses on district-level wellness policies, but can be easily adapted to measure wellness practices at an individual school.
 The Rudd Center's WellSAT-i measures wellness policy implementation. The WellSAT-i is currently a working draft.
[Download WellSAT-i \(PDF | 711 KB\)](#) [↗](#)
 It is recommended that the WellSAT-i be used in it's entirety; however, if this is not possible, the components below may be used individually.

- [WellSAT-i for district wellness committees](#) [↗](#)
- [WellSAT-i for principals](#) [↗](#)
- [WellSAT-i for teachers](#) [↗](#)
- [WellSAT-i for PE teachers](#) [↗](#)
- [WellSAT-i for food service directors](#) [↗](#)
- [WellSAT-i scoring](#) [↗](#)








**Team
Nutrition
Resources**

There are a variety of methods that LEA may employ to assess compliance by schools and determine progress toward benchmarks, objectives, and goals. Developing a wellness policy with measurable objectives, and realistic annual benchmarks will help when it is time to evaluate progress. Additionally, the local school wellness policy team and leadership can be assets in conducting periodic assessments.

| | |
|---|--|
|  | <p>School Food and Beverage Marketing Assessment Tool (PDF 1.2 MB) ↗</p> <p><i>California Project LEAN.</i></p> <p>This tool assesses food and beverage advertising in schools. The results of this assessment will enhance your understanding of what food messages children are being exposed to at school.</p> |
|  | <p>Fuel Up to Play 60 School Wellness Investigation (updated August 2013) (PDF 440 KB)</p> <p><i>Fuel Up to Play 60.</i></p> <p>This is designed for schools using the <i>Fuel Up to Play 60</i> program. However, this tool may be used to support any school's wellness efforts.</p> |
|  | <p>Resource to Sustain and Strengthen Local Wellness Policy Initiatives (2013) (PDF 3.6 MB) ↗</p> <p><i>Institute of Child Nutrition.</i></p> <p>A guide to help school districts conduct an evaluation of local wellness policies. This guide details step-by-step instructions for conducting an evaluation, deciding what the results mean, and communicating the findings to stakeholders.</p> |
|  | <p>Michigan Healthy School Action Tools (2014) ↗</p> <p><i>Michigan Team Nutrition. Michigan Department of Education.</i></p> <p>The online tool is only for districts in Michigan. However, if you go to the "Preview the Assessments" section you can access the links to print versions (PDFs) of all HSAT assessments. Assessments include sections on Healthy Eating, Health Education, Physical Education and more.</p> |
|  | <p>School Wellness Policy Building Level Assessment Tool (October 2014) (PDF 119 KB)</p> <p><i>Iowa Team Nutrition.</i></p> <p>An easy to use assessment tool to be utilized at the building level to assess progress in meeting the district school wellness policy.</p> |
|  | <p>School and Community Actions for Nutrition (SCAN) Survey (2007) (PDF 74 KB)</p> <p><i>UC Davis Center for Nutrition in Schools.</i></p> <p>A self-assessment tool designed to provide members of the school community with an easy and effective method for monitoring and evaluating progress in nutrition-related areas of the school district that will positively assist children in improving food behaviors and promote health.</p> |
|  | <p>Physical Education Curriculum Analysis Tool (PECAT) (2015) ↗</p> <p><i>Centers for Disease Control and Prevention.</i></p> <p>A self-assessment and planning guide designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards.</p> |
|  | <p>School Physical Activity Policy Assessment (S-PAPA) (2013) (PDF 137.63 KB) ↗</p> <p><i>Active Living Research, a National Program of the Robert Wood Johnson Foundation.</i></p> <p>The School Physical Activity Policy Assessment (S-PAPA) assesses physical activity policy related to physical education, recess, and other physical activity opportunities at elementary schools. This tool is useful for assessing PA policies in elementary schools.</p> |


**Team
Nutrition
Resources**

Various resources have already been identified or developed to support LEAs with the wellness policy process. These resources can be accessed at USDA's School Nutrition Environment and Wellness Resources website including resources to support LEAs with assessing implementation of their local school wellness policy. I will highlight two great tools that we have been utilized here in NE.


| | |
|---|---|
|  | School and Community Actions for Nutrition (SCAN) Survey (2007) (PDF 74 KB) <i>UC Davis Center for Nutrition in Schools.</i> A self-assessment tool designed to provide members of the school community with an easy and effective method for monitoring and evaluating progress in nutrition-related areas of the school district that will positively assist children in improving food behaviors and promote health. |
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|  | Children's BMI Tool for Schools <i>Centers for Disease Control and Prevention.</i> This Calculation tool was created for use by school, child care, and other professionals who want to compute BMI-for-age for a group of up to 2,000 children, such as for a school classroom or grade. |
|  | Wellness Policy Tool: Assess the Environment <i>Action For Healthy Kids.</i> This tool provides background and resources to assess the wellness environment so you can focus specifically on areas that need improvement. |
|  | Wellness Policy Tool: Measure, Evaluate and Sustain the Effort <i>Action For Healthy Kids.</i> This tool provides clear steps and questions to consider to help you measure and evaluate your wellness policy implementation. |
|  | The Supplemental Nutrition Assistance Program Education (SNAP-Ed) Evaluation Framework (2016) (PDF 4.9 MB) <i>USDA. ASSNA. National Collaborative on Childhood Obesity Research.</i> The intended audience of this guide includes SNAP-Ed program administrators and program evaluators who are involved in planning, implementing, and evaluating local, state, territorial, or tribal programs. |

Team
Nutrition
Resources

The list is very long list and I really encourage you to visit TN website to explore the best assessment tool for your school.






School Health Index



The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies to

- Enable schools to identify strengths and weaknesses of health and safety policies and programs
- Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health
- The SHI is based on CDC's research-based guidelines for school health programs, which identify the policies and practices most likely to be effective in reducing youth health risk behaviors.






One of the assessment tools that we have used with coordinated school health is the *School Health Index (SHI)*: it is a *Self-Assessment & Planning Guide*. It is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.

The SHI was developed by CDC in partnership with school administrators and staff, school health experts, parents, and national nongovernmental health and education agencies. The goal is to

- Enable schools to identify strengths and weaknesses of health and safety policies and programs
- Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan
- Engage teachers, parents, students, and the community in promoting health-enhancing behaviors and better health


The SHI is based on CDC's research-based guidelines for school health programs, which identify the policies and practices most likely to be effective in reducing youth health risk behaviors.






WellSAT:2.0

- An assessment tool produces scores from 0 to 100 for both comprehensiveness and strength of the overall SWP.

1. Nutrition Education
2. Standards for USDA School Meal
3. Nutrition Standards
4. PE & PA
5. Wellness Promotion & Marketing
6. Evaluation




The second tool is The Wellness School Assessment Tool or we call it (WellSAT) can be used to assess the quality of the school district’s wellness policy, and provides personalized guidance and resources for making improvements. This tool focuses on district-level wellness policies, but can be easily adapted to measure wellness practices at an individual school.

It is an online self assessment, free and very confidential. This tool produces scores from 0 to 100 for both comprehensiveness and strength of the overall SWP. It focuses on 6 components.

1. Nutrition Education
2. Standards for USDA School Meal
3. Nutrition Standards
4. PE & PA
5. Wellness Promotion & Marketing
6. Evaluation

Public Involvement

| Annual Report Check List School Wellness Committee | Yes | In Progress | No |
|--|-----|-------------|----|
| <ul style="list-style-type: none"> •Does the district have a school wellness committee? If not, please explain: | | | |
| <ul style="list-style-type: none"> •Has your work group helped maintain, revise, Implement, assess, and monitor the policy? | | | |
| <ul style="list-style-type: none"> •Participation in wellness committee is promoted to: <ul style="list-style-type: none"> <input type="checkbox"/> Students <input type="checkbox"/> Parents <input type="checkbox"/> School food service personnel <input type="checkbox"/> School Administrators <input type="checkbox"/> School Health Professional <input type="checkbox"/> PE teachers | | | |



I also put together a checklist for SWP annual report when you are getting ready for your review. The checklist covers all the elements required to be included in your SWP.

So for the public involvement, you need to report on the following components.

•Does the district have a school wellness committee? Yes, NO or in progress

If not, please explain:

Has your work group helped maintain, revise, implement, assess, and monitor the policy?




Yes, NO or in progress

•Participation in wellness committee is promoted to:

- Students
- Parents
- School food service personnel
- School Administrators
- School Health Professional
- PE teachers

Nutrition Guidelines

| Annual Report Check List Nutrition Guidelines | Yes | In Progress | No |
|--|-----|-------------|----|
| •All food and beverages sold during school between 12 am and 30 min after the conclusion of the school day comply with Smart Snack requirements. | | | |
| •The following venues currently comply with Smart Snack requirements: <input type="checkbox"/> Vending <input type="checkbox"/> School stores <input type="checkbox"/> Fundraisers <input type="checkbox"/> Concessions <input type="checkbox"/> A la Carte | | | |
| •All foods and beverages provided through NSLP & SBP meet nutritional requirements of the NSLP Act. | | | |






In regards to the nutrition guidelines elements, you need to report on the following components:

- All food and beverages sold during school between 12 am and 30 min after the conclusion of the school day comply with Smart Snack requirements.
- The following venues currently comply with Smart Snack requirements:
 - Vending
 - School stores
 - Fundraisers
 - Concessions
 - A la Carte
- All foods and beverages provided through NSLP & SBP meet nutritional requirements of the NSLP Act.

Nutrition Education

| Annual Report Check List Nutrition Education | Yes | In Progress | No |
|---|-----|----------------|----|
| • Students receive nutrition education that teaches the skills needed to adopt healthy eating behaviors | | | |
| • Classroom nutrition information is reinforced in the school cafeteria setting as well as in the classroom | | | |
| • Describe your overall goals/priorities for nutrition education and promotion: | | | |
| • Describe your progress towards district nutrition education (e.g. classroom instruction, parent education) goals/priorities: | | | |




For Nutrition Education element, your report should include information on how

- Students receive nutrition education that teaches the skills needed to adopt healthy eating behaviors
- Classroom nutrition information is reinforced in the school cafeteria setting as well as in the classroom
- Describe your overall goals/priorities for nutrition education and promotion:
- Describe your progress towards district nutrition education (e.g. classroom instruction, parent education) goals/priorities: measurable goals and objectives

Nutrition Promotion

| Annual Report Check List Nutrition Promotion | Yes | In Progress | No |
|--|-----|----------------|----|
| <ul style="list-style-type: none"> • All foods available during the school day are offered to students with consideration for promoting health and reeducating childhood obesity. | | | |
| <ul style="list-style-type: none"> • Food and beverages are not offered as a reward for student's performance or behavior. | | | |
| <ul style="list-style-type: none"> • Describe your overall goals/priorities for nutrition promotion and promotion: | | | |
| <ul style="list-style-type: none"> • Describe your progress towards district nutrition promotion (e.g. Smarter Lunchroom techniques, increasing school lunch and breakfast participation, advertising healthy foods) goals/priorities: | | | |






Same as the Nutrition Education element, your report should include information on nutrition promotion.

- All foods available during the school day are offered to students with consideration for promoting health and reeducating childhood obesity.
- Food and beverages are not offered as a reward for student's performance or behavior.
- Describe your progress towards district nutrition promotion (e.g. Smarter Lunchroom techniques, increasing school lunch and breakfast participation, advertising healthy foods) goals/priorities:

Physical Activity

| Annual Report Check List Physical Activity | Yes | In Progress | No |
|---|-----|----------------|----|
| • We currently provide _____ minutes of recess each day and _____ total minutes of PA each day for our students | | | |
| • Recess in held outdoors, when partial | | | |
| • Describe your overall goals/priorities for physical activity and promotion: | | | |
| • Describe your progress towards district physical activity goals/priorities: | | | |








For Pa and Education:

- We currently provide ___ Number of ___ minutes of recess each day and _____ total minutes of PA each day for our students
- Recess in held outdoors, when partial
- Describe your overall goals/priorities for physical activity and promotion:
- Describe your progress towards district physical activity goals/priorities:

Public Notification

| Annual Report Check List Public Notification | Yes | In Progress | No |
|--|-----|----------------|----|
| <ul style="list-style-type: none"> • We regularly, at least annually, inform and update the public about the content, implementation of, and progress towards goals in our wellness policy. | | | |
| <ul style="list-style-type: none"> • Our last update was on _____ Specific date | | | |
| <ul style="list-style-type: none"> <input type="checkbox"/> The District will use electronic and non-electronic mechanisms including: <ul style="list-style-type: none"> <input type="checkbox"/> Email <input type="checkbox"/> District's website <input type="checkbox"/> Newsletters <input type="checkbox"/> Presentations to parents | | | |






For public notification:

- we regularly, at least annually, inform and update the public about the content, implementation of, and progress towards goals in our wellness policy.
- Our last update was on _____ Specific date
- The District will use electronic and non-electronic mechanisms including:
 - Email
 - District's website
 - Newsletters
 - Presentations to parents

Monitoring & Evaluation

| Annual Report Check List Monitoring & Evaluation | Yes | In Progress | No |
|---|-----|----------------|----|
| •Our superintendent or designee (name:_____) ensures compliance with established district-wide nutrition and PA wellness policies | | | |
| •We send an annual summary report on district-wide compliance with the established nutrition and PA policies to the School Board. Our latest summary was sent on_____ (specific date) | | | |
| •Describe your progress towards district goals/priorities in other school based activities that promote student nutrition and physical activity: | | | |



As far as the monitoring and evaluation component,

- Our superintendent or designee (name:_____) ensures compliance with established district-wide nutrition and PA wellness policies
- We send an annual summary report on district-wide compliance with the established nutrition and PA policies to the School Board. Our latest summary was sent on_____ (specific date)
- Describe your progress towards district goals/priorities in other school based activities that promote student nutrition and physical activity:



So, what's our next step. Do we need to start from scratch? How do I get started?

I put together a flow chart to help you get started on revising your SWP.

The first step is to assess your SWP and see if you have all the required component.

I just introduced a couple of self assessment tools that you can utilize.

Bring members of your school wellness committee together and discuss what your school is already doing to promote good health and to identify strengths and weaknesses.

For example , School health index allows you to assess the extent to which your school implements the types of policies and practices recommended by CDC.

Please refer to this webinar to help you select the right tool to assess your SWP.

- Now, Based on your assessment, then you decide if you want revise your policy if it is already in place or develop a new one if it is not included in your SWP. We have introduced many resources, tools, sample of policy language in our previous webinars specifically part 2, 3, 4, 5 and 6. and I listed all the recorded webinars here and I will share with you at the end of this webinar how to locate these recorded webinars.
- After developing or revising a policy, now it is time to implement it. Again, our webinars provided with many resources that help you with the implementations.
- After the implementation, you need to monitor the progress of the policy implementation by identifying your strategy (the what), who is responsible of implanting this policy, by when and how? Please refer to the handout that I provided to help you with the implementation and monitoring.
- With greater transparency on the effectiveness of these policies, parents and other community stakeholders will be better informed and positioned to improve the school nutrition and wellness environment which is your last step. You can notify the public via school's website, emails, letters and other avenues that we provided in our webinars.



If you would like to access all the recorded webinars, slides and narrative of the webinars, please visit NDE website/Nutrition services. On your left, click on TN then it would take you to the TN webpage.

NE Team Nutrition Website

Home State Board Portal Master Calendar A to Z List

Nutrition Services

Nutrition Services Home

School Meals Program

Child and Adult Care Food Program

Summer Food Service Program

Team Nutrition

- NSLP
- CACFP
- Grants
- Training

On-line Application/Claim System

Quick Links

- Calendars
- Training
- Team Nutrition
- Forms & Resources
- Income Guidelines
- Reimbursement Rates
- Electronic Transfer Dates
- Recall Notices
- Links
- Contact Us

Nebraska Department of Education
Nutrition Services
301 Centennial Mall South
PO Box 94987
Lincoln, NE 68509-9487

Nebraska Team Nutrition

What is Team Nutrition?

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's school children. This plan involves schools, parents, and the community in efforts to continuously improve school meals and to promote the health and education of school children. Team Nutrition encourages kids to make the following healthy choices:

- Eat a variety of foods
- Eat more fruits, vegetables, and whole grains
- Eat lower fat foods more often
- Get your calcium-rich foods
- Be physically active

Team Nutrition has three behavior-focused strategies:

- Provide training and technical assistance to Child Nutrition foodservice professionals to enable them to prepare and serve nutritious meals that appeal to students.
- Promote nutrition curriculum and education in schools through multiple communication channels to reinforce positive nutrition messages and encourage students to make healthy food and physical activity choices as part of a healthy lifestyle.
- Build school and community support for creating healthy school environments that are conducive to healthy eating and physical activity.

Team Nutrition Links

NSLP CACFP Grants Training

USDA TEAM LET'S MOVE!

Click on the NSLP link and it would take you to many projects under NE TN

NEBRASKA
DEPARTMENT OF EDUCATION

Home State Board Portal Master Calendar A to Z List

Nutrition Services

- Nutrition Services Home
- School Meals Program
- Child and Adult Care Food Program
- Summer Food Service Program
- Team Nutrition
 - NSLP
 - CACFP
 - Grants
 - Training
- On-line Application/Claim System
- Quick Links

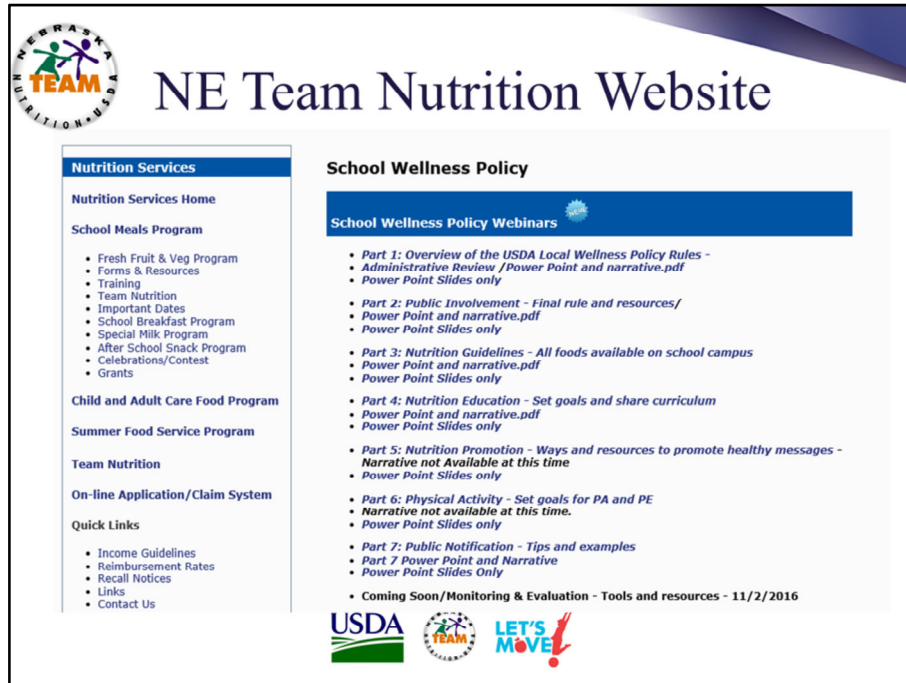
Team Nutrition for Schools

- Join the Team
- Coordinated School Health
- Healthier US School Challenge
- Nutrition Education
- Smarter Lunchrooms
- School Wellness
- Smart Snacks

NUTRITION SERVICES > TEAM NUTRITION > NSLP

USDA **TEAM** LET'S MOVE!

Click on SWP



The screenshot displays the NE Team Nutrition Website. At the top left is the Nebraska TEAM logo, featuring a circular emblem with the text 'NEBRASKA TEAM NUTRITION' and three stylized figures. The main title 'NE Team Nutrition Website' is centered at the top. The page is divided into two main sections: 'Nutrition Services' on the left and 'School Wellness Policy' on the right. The 'Nutrition Services' section includes a sidebar with links to 'Nutrition Services Home', 'School Meals Program', 'Child and Adult Care Food Program', 'Summer Food Service Program', 'Team Nutrition', 'On-line Application/Claim System', and 'Quick Links'. The 'School Wellness Policy' section features a 'School Wellness Policy Webinars' header and a list of seven webinar parts, each with links to 'Power Point and narrative.pdf' and 'Power Point Slides only'. At the bottom, there are logos for USDA, the Nebraska TEAM logo, and 'LET'S MOVE!' with a red arrow pointing upwards.

NE Team Nutrition Website

Nutrition Services

Nutrition Services Home

School Meals Program

- Fresh Fruit & Veg Program
- Forms & Resources
- Training
- Team Nutrition
- Important Dates
- School Breakfast Program
- Special Milk Program
- After School Snack Program
- Celebrations/Contest
- Grants

Child and Adult Care Food Program

Summer Food Service Program

Team Nutrition

On-line Application/Claim System




Quick Links

- Income Guidelines
- Reimbursement Rates
- Recall Notices
- Links
- Contact Us




School Wellness Policy

School Wellness Policy Webinars

- **Part 1: Overview of the USDA Local Wellness Policy Rules - Administrative Review / Power Point and narrative.pdf**
• Power Point Slides only
- **Part 2: Public Involvement - Final rule and resources/ Power Point and narrative.pdf**
• Power Point Slides only
- **Part 3: Nutrition Guidelines - All foods available on school campus**
• Power Point and narrative.pdf
• Power Point Slides only
- **Part 4: Nutrition Education - Set goals and share curriculum**
• Power Point and narrative.pdf
• Power Point Slides only
- **Part 5: Nutrition Promotion - Ways and resources to promote healthy messages - Narrative not Available at this time**
• Power Point Slides only
- **Part 6: Physical Activity - Set goals for PA and PE**
• Narrative not available at this time.
• Power Point Slides only
- **Part 7: Public Notification - Tips and examples**
• Part 7 Power Point and Narrative
• Power Point Slides Only
- **Coming Soon/Monitoring & Evaluation - Tools and resources - 11/2/2016**




And you will see all the recorded webinars, slides and narrative.



Local School Wellness Policy Webinars

Zainab Rida, PhD, RD, LMNT
Director, NE Team Nutrition Program
Zainab.rida@Nebraska.gov



OK, This will conclude our final webinar and We will go ahead and take some time for questions. Just a reminder; please be sure to type your questions into the question box in your control panel.

I will send a follow up email once we type the narrative of the webinars and send a link of this recorded webinar along with the slides.

Thanks again for joining us today and I hope you found these serious of webinars helpful for your schools. Please don't hesitate to contact me at Zainab.rida@Nebraska.gov.

Thanks and have a good day!