

What Wellness Committees Can Expect from the Wellness Coach Visit

EXPECT INFORMATION

Your Wellness Coach will provide you with information on the Wellness Policy Final Rule approved July 29, 2016 to be implemented by June 30, 2017.

Basics of the Final Rule

Written wellness policies are required to include specific goals for nutrition promotion and education, physical activity, and other school based activities.

- If wellness policies include at least one policy from the Nutrition Promotion-Education, Physical Activity and Integrated School Based Wellness sections of the Kansas School Wellness Policy Model Guidelines (Wellness Impact Tool), the requirement has been met.

Written wellness policies are required to include standards and nutrition guidelines for all foods and beverages sold to student on the school campus during the school day that are consistent with school meal standards and the Smart Snacks in School standards.

- Kansas sponsors have already implemented Smart Snacks in School standards.
- This does not affect the Kansas fundraiser exemption.

Written wellness policies are required to include standards for all foods and beverages provided but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives.)

- If wellness policies include standards for foods brought to school to share and are communicated to teachers and parents, this requirement has been met.
- This does not address foods or beverages brought from home for individual consumption.

Written wellness policies are required to include policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

- This requirement is implemented with renewed or new food or beverage contracts.
- Coaches will provide more details during the visit.

Wellness Committees must permit participation by the general public and school community. Wellness Committees must establish leadership of the committee by a school official with the authority and responsibility to ensure that each school complies with the policy.

- Kansas sponsors indicate wellness committee members by name and title in their Wellness Impact Tool.

Wellness Committees must conduct an assessment of wellness policies every three years at a minimum. Wellness committees are required to make wellness policies including updates available to the public annually.

- Kansas sponsors assess wellness policies annually.
- Kansas sponsors are able to make wellness policies available to the public at: www.ksde.org, Data Central.

EXPECT ASSISTANCE

Wellness coaches will ask questions to assist wellness committees develop and sustain a healthy school environment.

Questions

- How often does the wellness committee meet?
- How does the wellness committee track progress? Meeting minutes? Implementation Plan?
- How is the wellness policy made available to the public?
- How are "In Place" and "Developing" wellness policies being implemented?
- What activities and best practices are working well to support wellness policies?
- What is being discussed for wellness policy planning beyond this school year?

Answers and Resources

Wellness coaches can answer questions and assist wellness committees.

When your wellness coach contacts you, let them know what assistance you would like and/or what resources the wellness committee could use.

Wellness committees are welcomed to set the agenda for their wellness coach visit.

Thank you for all you do to provide healthy school environments for the students in Kansas.

If you have questions about your wellness coach visit, please contact:
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