

Local Wellness: Policy VS Plan

Local Wellness Policy

In accordance with 2 CFR 210.31, each Local Educational Agency (LEA) establish and follow a local school wellness policy (LWP) for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the LEA.

The Local Wellness Policy is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment regarding applicable minimum federal standards.

The wellness policy identifies "WHAT" wellness requirements must be implemented at the school district level; however, the policy only provides general direction allowing for specific actions to be determined by the Local Wellness Plan Team.

Local Wellness Plan

The wellness plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

The wellness plan generates a strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified by the Local Wellness Plan Team.

The wellness plan includes descriptive objectives and action steps which include timelines and measures of success that explain the wellness policy's broad goals, is more easily customizable for your district's needs as this does not need board approval and allows for more creative implementation.

Wellness Plan

This document, referred to as the “wellness plan” is intended to accompany policy which has been adopted by the board to comply with the requirements for a school wellness policy that follows 7 CFR 210.31.

Effective Date
July 1, 2025
Last Date Updated
July 1, 2025

School Official (name and title) Responsible for Implementation and Oversight
John Doe, Assistant Superintendent

Local Wellness Plan Team

Name	Title	Start Date
John Doe	Assistant Superintendent	7/1/2024
Jane Doe	Parent	7/1/2024
Jack Doe	Physical Education Teacher	7/1/2024
Jose Doe	Child Nutrition Director	7/1/2022
Joe Doe	Physician	7/1/2023

Notification

Description of how stakeholders are provided with an opportunity to participate in the development, implementation and review of policy.
<p>The following statement appears on the school’s district website: www.myschool.kyschools.com</p> <p>Example School District is committed to creating a healthy environment for each student. If you are interested in reviewing the district local wellness plan, would like the opportunity to participate as a member of the school wellness team that is responsible for the development and implementation of the policy, or providing feedback on the nutrition environment please contact us at xxx.xxx.xxxx or email us at example.email@myschool.kyschools.us.</p>

Description of how content, implementation and progress is shared with stakeholders.

The goals and objectives of the local wellness policy are shared in the following ways:

1. A copy of the policy is available by request. Information maintained on the district website.
2. A copy of the wellness policy is distributed to all students at the beginning of the year with opening packet materials.
3. Goals and objectives are shared at the school level at staff meetings.
4. At the end of each year, the child nutrition director presents a progress update at the April/May Board meeting. The update contains information on the status of achieving goals and possible additional new goals.
5. The local wellness team has access to and maintains a local school wellness Google Drive. This is where all documentation is stored and shared relating to work associated with the local wellness policy and plan. The Drive is monitored and maintained by the local school wellness team lead.

Evaluation

Description for measuring implementation of policy.

The policy is measured in two ways.

Goal and Objectives

All goals are written using SMART objectives. Progress is measured by reviewing accomplishment of set goals. Progress updates are reviewed during local wellness team meetings. Standards are monitored on a regular basis. Documentation is maintained in the local wellness team Google Drive file.

Policy

The strength of the policy is measured using the Well-Sat tool. This tool is completed at a minimum on a three-year basis, and more frequently if possible.

Results are available by request. A copy of the results from the previous three years are maintained in the local wellness team Google Drive file.

Date of last Triennial Assessment

April 2023

Recordkeeping

This institution is an equal opportunity provider.

Last updated: 06/2025

Each local educational agency must retain records to document compliance with the requirements of CFR 210.31. Please list where you maintain the following records:

Written local school wellness policy

The local school wellness policy is available by request. This information is found on the district website: www.myschool.kyschools.com.

A copy of the local wellness policy can be found in the KSBA online portal. A copy of the district wellness plan is maintained in the local school wellness Google Drive. A copy will be shared upon request.

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessment available to the public.

To demonstrate compliance with the following requirements, a screen shot of the public website is taken at the beginning of each school year and maintained in the local school wellness Google Drive. The website is checked on a regular basis to ensure information is accurate and still available.

Documentation of the triennial assessment of the local school wellness policy.

A copy of the most recent Well-Sat Assessment can be found in the local school wellness Google Drive.

Specific Goals

Please input your District's objectives in the left column. In the right column, provide comprehensive Action Steps detailing the strategies to accomplish each listed objective.

Nutrition Education Goals

Objective	Action Steps
Increase student awareness of the importance of proper nutrition.	Elementary students will participate in evidence-based classroom activities at least once per semester. <i>State specific action steps.</i>

Nutrition Promotion Goals

Objective	Action Steps
Increase student participation in school breakfast programs.	High Schools will implement grab and go meal service in at least one location in each school starting in SY 26-27. <i>State specific action steps.</i>

Physical Activity

Objective	Action Steps
Increase the amount of student physical activity before, during, and after school.	Each school will offer physical activity opportunities before school, supporting teachers to use an in-class movement structure during the school day and increase the number of after school programs that incorporate physical activity. <i>State specific action steps.</i>

Other School Based Activities

Objective	Action Steps
Increase the number of evidence-based health education sessions offered to parents and families.	<p>Each school will offer a family engagement night that focuses on evidence-based health education for parents.</p> <p>Goals:</p> <ol style="list-style-type: none"> 1. Each elementary school will offer one night annually starting in SY 25-26. 2. Each elementary and high school will offer one night annually by SY 26-27. <p><i>State specific action steps.</i></p>

Standards and Nutrition Guidelines

Please input your District's standards and nutrition guidelines for the following areas.

Food and Beverage Marketing Guidelines on School Grounds

Standards
All foods and beverages that are marketed on school grounds must meet Smart Snack standards. This includes vending machines and bill boards.

Nutrition guidelines for all foods and beverages available but NOT SOLD on school grounds

Standards
Birthday celebrations should be limited to classrooms once a month.
Other classroom celebrations should be limited to three or less times per year.
Staff must not provide students with beverages that contain caffeine at the elementary school level at school events.

Nutrition guidelines for all foods and beverages available SOLD on school grounds

Standards
All foods and beverages sold on school grounds must meet Smart Snack compliance and compliance with 702 KAR 6:090. Foods and beverages sold 30 minutes after the end of the school day do not need to meet standards.

SAMPLE