

Frequently Asked Questions

about school nutrition, physical activity, and wellness

School districts around the state have made the commitment to improving the school nutrition and physical activity environment. While these efforts will have an enormous impact on our youth, they are not without challenges. Washington Action for Healthy Kids and its partners have been working with districts to help them develop and implement their nutrition, physical activity and wellness policies. The questions included in this resource sheet are the questions that come up again and again. We hope the links below will be helpful to districts and communities across the state as they work to make positive changes for all kids. If you have additional questions, please contact Shelley Curtis at 1-800-854-KIDS, extension 17.

1. What are the state and federal requirements for school nutrition and physical activity policies and for school wellness policies?

- **Washington State Senate Bill 5436**

Senate Bill 5436 was passed in 2004 and requires every school district in Washington State to adopt a nutrition and physical activity policy by August 2005.

<http://www.leg.wa.gov/pub/billinfo/2003-04/Pdf/Bills/Senate%20Passed%20Legislature/5436-S.PL.pdf>

- **Child Nutrition and WIC Reauthorization Act of 2004**

The Child Nutrition and WIC Reauthorization Act of 2004 requires every school district that receives US Department of Agriculture funds for school meals to adopt a school wellness policy by September 2006.

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.htm/>

2. How do the state and federal requirements differ?

Go to <http://www.healthyschoolswa.org/StateFedComparison.doc> for a side-by-side comparison.

3. What are some examples of nutrition and physical activity policies that have been adopted in Washington schools?

- **Healthy Schools in Washington**

Over 100 policies have been posted on the Healthy Schools in Washington website.

<http://depts.washington.edu/waschool/SDpolicies.html>

- **Washington State School Directors' Association sample policy**

As directed by the state legislature, the Washington State School Directors' Association developed a sample nutrition and physical activity policy for districts to use as a guide.

http://wssda.org/wssda/WebForms/En-Us/News/NewsArchive/20041215_nutrition.asp

4. Where can I find information and guidance on creating a school wellness policy?

- **National Alliance for Nutrition and Activity Model School Wellness Policies**

The National Alliance for Nutrition and Activity has developed a comprehensive model school wellness policy for school districts to use as a guide.

<http://www.schoolwellnesspolicies.org/>

- **United States Department of Agriculture Wellness Policy Guidelines**

The US Department of Agriculture has developed guidelines to help districts develop school wellness policies that meet the federal guidelines.

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Frequently Asked Questions – continued

5. How do we get a school health advisory council started?

- **American Cancer Society's Improving School Health: A Guide to School Health Councils**
The American Cancer Society has developed a comprehensive guide on school health advisory councils.
<http://www.schoolhealth.info/> (click on Schools, then click on Advisory Councils)
- **North Carolina's Effective School Health Advisory Councils: Moving from Policy to Action**
North Carolina Healthy Schools has developed a step-by-step guide for how to set up and maintain a schools health advisory council.
www.nchealthyschools.org/docs/advisorycouncilmanual.pdf

6. What resources are available for schools to help them evaluate their nutrition and physical activity/ school wellness policies?

- **School Health Index (SHI)**
The SHI is a self-assessment and planning tool that schools can use to improve their nutrition and physical activity policies.
<http://apps.nccd.cdc.gov/shi/Default.aspx>

7. What are some examples of model physical education programs?

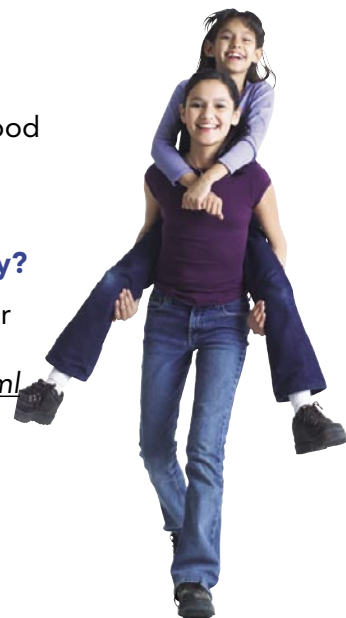
- **Spokane Public Schools**
Spokane Public Schools has been the leader in providing a comprehensive, developmentally appropriate, integrated fitness and health program that helps students move towards a more self-directed wellness lifestyle.
<http://www.spokaneschools.org/Fitness/PEP.stm>
- **The National Association for Sport & Physical Education (NASPE)**
NASPE has publications describing physical education practices that are in the best interest of children. They include age appropriate guidelines for curriculum design, learning experience, fitness activities, fitness testing, assessment, participation levels, forming groups, competition, and many others.
<http://www.aahperd.org/naspe/template.cfm?template=peappropriatepractice/index.html>

8. How can I make the important connection between good nutrition, physical activity and learning?

- **The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools**
Action for Healthy Kids released a report that makes the link between good nutrition, physical activity and academic success.
http://www.actionforhealthykids.org/pdf/LC_Color_120204_final.pdf

9. How can I determine if certain snacks meet our district's nutrition policy?

- Seattle Public Schools has developed an online Healthy Snacks Calculator that calculates whether or not snacks meet selected nutrition standards.
<http://www.seattleschools.org/area/nutrition-svc/calculator/calculator.html>



Frequently Asked Questions – continued

10. Where can I find ideas on how to maintain or increase revenue from the sale of healthy food and beverage items?

- **Making It Happen! School Nutrition Success Stories**

The United States Department of Agriculture has collected success stories from school districts around the country that are improving the nutritional value of foods and beverages sold on school campuses – and are still making money!

<http://teamnutrition.usda.gov/Resources/makingithappen.html>

11. Where can I find information on how to effectively implement nutrition and physical activity policies once they are developed?

- **Local Wellness: Implementation Tools and Resources**

While there is no single resource that contains all the information necessary to help districts implement nutrition and physical activity policies, the United State Department of Agriculture Team Nutrition has links to many helpful resources.

http://teamnutrition.usda.gov/Healthy/wellnesspolicy_tools.html

12. What are some strategies for involving and educating students and parents in nutrition and physical activity issues?

- **Stir It Up America/ Parents' Action for Children**

Parents' Action for Children has launched a website to help engage parents in school nutrition and physical activity issues.

<http://www.stiritupamerica.org/index.cfm>

- **SoundOut**

SoundOut's mission is to transform education through meaningful partnerships that support students and adults working together.

<http://www.soundout.org/index.html>

13. What are the best sources of information about school nutrition and physical activity issues?

- **Action for Healthy Kids**

Action for Healthy Kids is a national organization focused on improving school nutrition and physical activity. Their website contains a variety of resources for schools and community partners.

<http://www.actionforhealthykids.org>

- **Healthy Schools in Washington**

The University of Washington Center for Public Health Nutrition and its partners have created a website that contains resources on school nutrition and physical activity for parents, teachers and administrators, students, school districts and school board members, and the community.

<http://www.healthyschoolswa.org>



www.actionforhealthykids.org