



Policy Service Starting Points

Home
Board Member's Guide to Policy
Legal Tips
Local Manual Updates
Model Student Code of Conduct
Model Student Handbook
Guidance for Policy Administrators
Policy Alerts
Policy On Line Administrator Tools
Policy Reference Manual
Regulations Resource Manual
Starting Points
Vantage Points

[Policy Service Resource Library](#) > [Starting Points](#) > [Wellness](#) > Wellness Policy and Wellness Plan

Wellness Policy and Wellness Plan



November 18, 2015

Implementation of the Healthy, Hunger-Free Kids Act of 2010 (the Act) is well underway with the meal standards that took effect in 2012—and which have subsequently been revised—as well as the required implementation in July 2014 of the federal Smart Snacks rules. The Act also addresses school district wellness policies, with the intent of strengthening those policies and providing transparency to the public in key areas that affect the school nutrition environment.

Although the U.S. Department of Agriculture (USDA) released proposed federal regulations in February 2014 for the portion of the Act that addresses the wellness policy, and the public comment period ended in April 2014, the final regulations have not been released.

Nevertheless, TASB Policy Service has created new policy development materials to assist you in revising your FFA(LOCAL) for appropriate compliance with statutory requirements.

Under federal law, each district that participates in the National School Lunch Program and/or the School Breakfast Program must adopt a wellness policy that includes goals for nutrition promotion and education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campuses. A policy development worksheet is included in the *Starting Points* materials. Please read the instructions on the first page of the FFA(LOCAL) Wellness Policy worksheet, forward the link and password below to your district's SHAC coordinator or to the administrator responsible for development and implementation of the district's wellness policy and plan, and send the completed worksheet to your policy consultant, who will assist you in preparing a new *wellness policy* for board adoption.

The *Starting Points* also includes a template that may

Downloads

[Wellness Files](#)
 This ZIP file contains the wellness policy worksheet, the wellness plan template, and the example wellness plan.
 648 KB ZIP

be used by a district to develop a *wellness plan*, which will be critical for implementation of the district's newly adopted wellness policy. (See Wellness Plan Template.) Please note that as an administrative document, the wellness plan is not subject to board adoption and need not be housed in the district's board policy manual. We have also included an example of a completed wellness plan. (See Example – Wellness Plan.)

Please note that FFA(LEGAL) will be revised at Update 104 in the spring of 2016 to cite the current federal statutory provisions.

If you have questions about any of these materials, please contact your policy consultant at 800-580-7529 for assistance.

[For additional information on the Act, see <http://www.fns.usda.gov/tn/local-school-wellness-policy>.]

The files in this *Starting Points* can be downloaded from the following address:

<https://tasb.box.com/Wellness>

Password: wellness2015

Note: If your firewall prevents you from accessing Box.com, you can [download these Starting Points files here \(ZIP\)](#).

Disclaimer: This information is provided for educational purposes only to facilitate a general understanding of the law or other regulatory matter. This information is neither an exhaustive treatment on the subject nor is this intended to substitute for the advice of an attorney or other professional adviser. Consult with your attorney or professional adviser to apply these principles to specific fact situations.

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