

# Missouri's New Local Wellness Policy Guidance and Best Practices in Implementation (WSCC)

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**Missouri**  
Healthy  
Schools

# Session Objectives

- 1) Identify required components of the Local Wellness Policy
- 2) Recognize the processes involved in building action-based district/school wellness teams that bolster wellness for all stakeholders within the school community
- 3) Analyze best practices and resources for assessment, goal and action plan development, accountability measures, and sustainability.

## Session Outcomes

- Be an integral part of the process in creating change to improve policies, practices and programs to enhance wellness and non-academic barriers to learning within your schools.
- Strengthen existing structures and accountability measures in support of health-related priorities identified within your school community.

# What is a Local Wellness Policy?



A FEDERAL REQUIREMENT  
UNDER THE HEALTHY,  
HUNGER-FREE KIDS ACT OF  
2010



REQUIRED FOR ALL LEAS  
PARTICIPATING IN THE  
NATIONAL SCHOOL LUNCH  
OR BREAKFAST PROGRAM



ESTABLISHES A SCHOOL  
ENVIRONMENT THAT  
PROMOTES STUDENT'S  
HEALTH, WELL-BEING AND  
ABILITY TO LEARN.

# Purpose of the Local Wellness Policy

Promote	Promote lifelong wellness through nutrition education, physical activity, and healthy school environments
Encourage	Encourage schools to model wellness for students and staff
Provide	Provide accountability and transparency in supporting student well-being

# Minimum Requirements for LWP - ENGAGE

## Policy Leadership - 1. Enforce Administrative Support and Leadership (WSCC)

- Designation of one or more LEA officials or school officials to ensure district and school compliance with LWP.
- Required to identify the position title of the LEA or school official responsible for LWP oversight.

## Public Involvement - 2. Assemble District/School Team (WSCC)

- Must permit certain groups to participate in LWP development, implementation, periodic review, and updates.
- A description of the manner in which parents, students, school food authority representatives, physical education teachers, school health professionals, the school board, school administrators and the general public are provided an opportunity to participate.

## Minimum Requirements for LWP - REPORT & INFORM

### 4. Communicate and Disseminate/5. Implement and Track Progress /6. Reflect and Celebrate (WSCC)

- LEAs must update or modify the LWP as appropriate
- LEAs are required to inform the public about the content and implementation of the LWP
- Any updates to the policy must be made available to the public on an annual basis

#### POSTED PUBLICLY

- Clear, defined link to the wellness policy
- Wellness policy overview and purpose
- Assessment results (WellSAT, SHI, AHG and Triennial Assessment Summary which includes summary of goals and progress)
- Meeting dates
- Latest updates
- Feedback and comments
- Wellness policy coordinator contact info
- Links to resources

School Newsletters, social media, school website, school board meeting, wellness committee meetings, open house events, etc.

# Minimum Requirements for LWP - GOALS, PLAN, ACTION

## 3. Assess and Plan WSCC Efforts 4. Communicate and Disseminate

## 5. Implement and Track Progress (WSCC)

Standards for school meals and competitive foods and beverages sold (Federal Meal Regulations, Smart Snack Guidelines)

Marketing and advertising of only foods and beverages that meet at minimum the Smart Snack Guidelines

A plan for measuring LWP implementation, including the Triennial Assessment

Standards for foods and beverages offered and not sold

Specific goals for physical activity opportunities (Minimum 1 goal)

- LEAs are required to review and consider evidence-based strategies in determining their goals.

Specific goals for nutrition education and promotion (Minimum 1 goal for each)

Specific goals for other school-based activities that promote student wellness (Minimum 1 goal)

- Strategies that have been evaluated, studied and peer-reviewed.

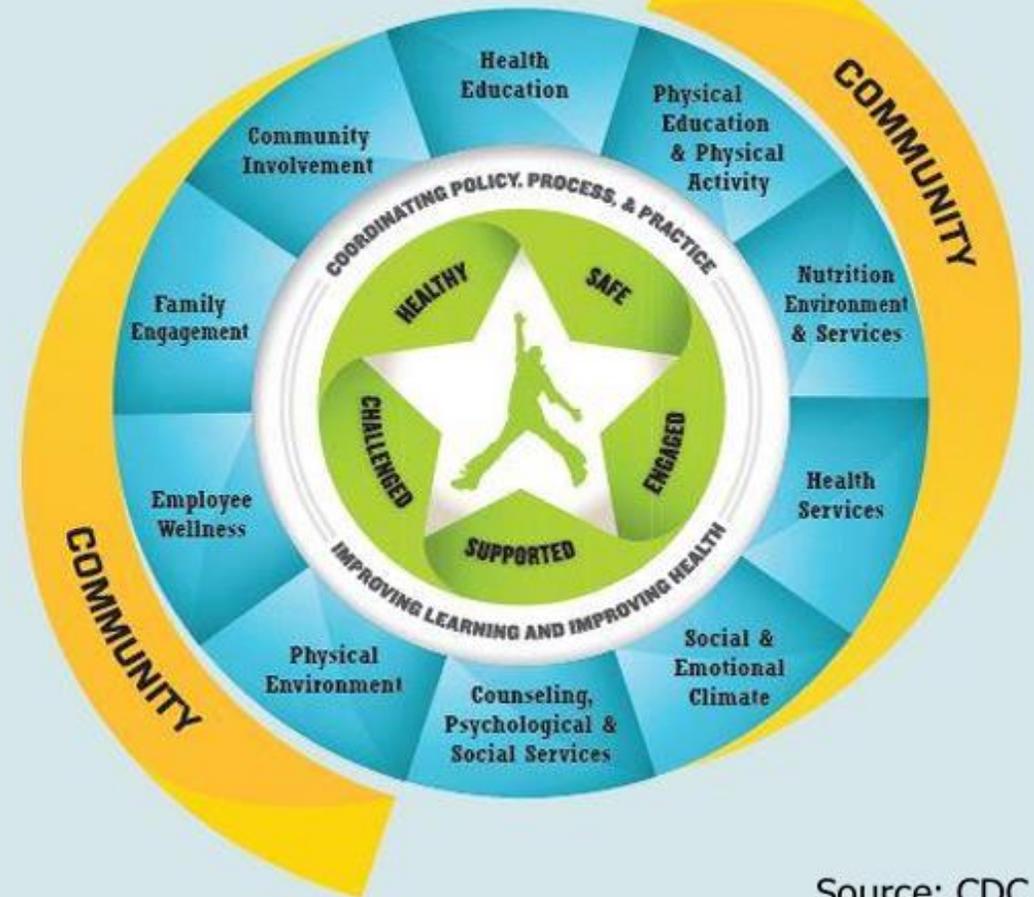
# Other Endorsed Assessment Findings - GOALS, PLAN, ACTION

3. Assess and Plan WSCC Efforts 4. Communicate and Disseminate

5. Implement and Track Progress (WSCC)

- Staff Wellness Programs and Trainings
- Family Engagement
- Community Involvement
- Tobacco Prevention
- Indoor & Outdoor Air Quality
- Sun Safety
- Water Quality
- Health Education
- Health Services

Whole School, Whole Community, Whole Child



# History



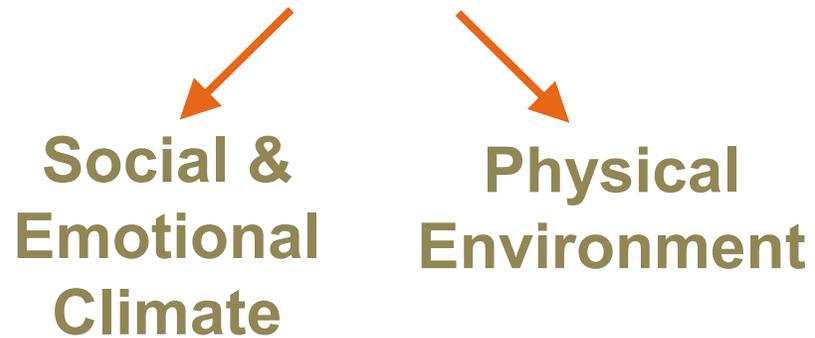
Late 1980's  
CDC introduces  
the **Coordinated  
School Health  
model**

2007  
ASCD introduces  
the **Whole Child  
Initiative**

2014  
CDC and ASCD  
collaborate to  
develop **WSCC**

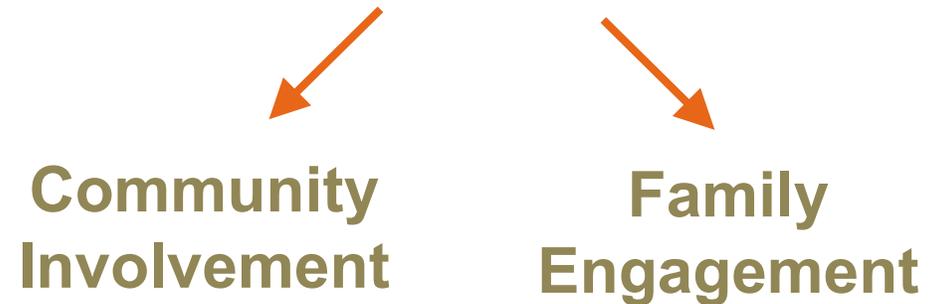
# Expansion of the Components

## Healthy and Safe School Environment



Change made to reflect the importance and difference between the psychological and physical environments of a school.

## Family/Community Involvement



Change made to emphasize the role of community organizations, businesses, and families.

# Areas of Emphasis

Six of the WSCC components directly address the health needs of students and have evidence to support their impact on educational outcomes.

- \* Physical Education and Physical Activity
- \* Nutrition Environment and Services
- \* Counseling, Psychological and Social Services
- \* Health Education
- \* Employee Wellness
- \* Health Services



The other four WSCC components are cross-cutting and essential in supporting healthy behaviors among students.

- Social and Emotional Climate
- Physical Environment
- Community Involvement
- Family Engagement



# The Role of DESE FNS

## Provide

- Provide guidance, training, and technical assistance to LEAs

## Review and monitor

- Review and monitor compliance through Administrative Reviews and Triennial Assessments

## Support

- Support LEAs in updating and publicly posting their policies and assessments

# Missouri Model Wellness Policies

## Missouri School Board Association (MSBA)

Policy - [Local Wellness Policy | Missouri Department of Elementary and Secondary Education](#)

Procedures - [Local Wellness Policy Procedures | Missouri Department of Elementary and Secondary Education](#)

## Missouri Consultants for Education (MCE)

Policy - [PR 2750 Wellness - Missouri Consultants for Education \(Missouri School Board Policies\)](#)

Procedures - [PR 2750 Wellness - Missouri Consultants for Education \(Missouri School Board Policies\)](#)

## National Model Wellness Policy - Alliance for Healthier Generation (AHG)

[Model Wellness Policy from the Alliance for a Healthier Generation | Missouri Department of Elementary and Secondary Education](#)

# Key Factors to Make the Wellness Policy Count

## Steps in Adopting and Implementing WSCC

1. Enforce Administrative Support and Leadership
2. Assemble District/School Team
3. Assess and Plan WSCC Efforts
4. Communicate and Disseminate
5. Implement and Track Progress
6. Reflect and Celebrate



- ❖ ACTIVE Wellness Teams
- ❖ Continuous Improvement Approach
- ❖ Inclusion in Comprehensive School Improvement Plans

## Whole School, Whole Community, Whole Child (WSCC)

- Student-centered approach
- Fosters collaboration between schools, families, and communities
- What areas are represented? How can representation be increased to include all areas?
- How can involvement be sustained?
- What contributions can be offered to support; Safe, Healthy, Engaged, Challenged, Supported



# District Wellness Committee

- ▶ Sometimes referred to as the School Health Advisory Council (SHAC)
- ▶ Composed of district, school and community members
- ▶ Establish district goals
- ▶ Oversee school health and safety policies and programs, including development, implementation, evaluation and updates of the LWP

- Superintendent
- Student Services Director
- Nutrition Director
- Community Member
- School Administrator
- Health and Physical Education Coordinator
- Out of School Time Coordinator
- Lead Nurse
- Parents
- Lead Counselor
- Facilities Director

# School Health Advisory Council (SHAC)

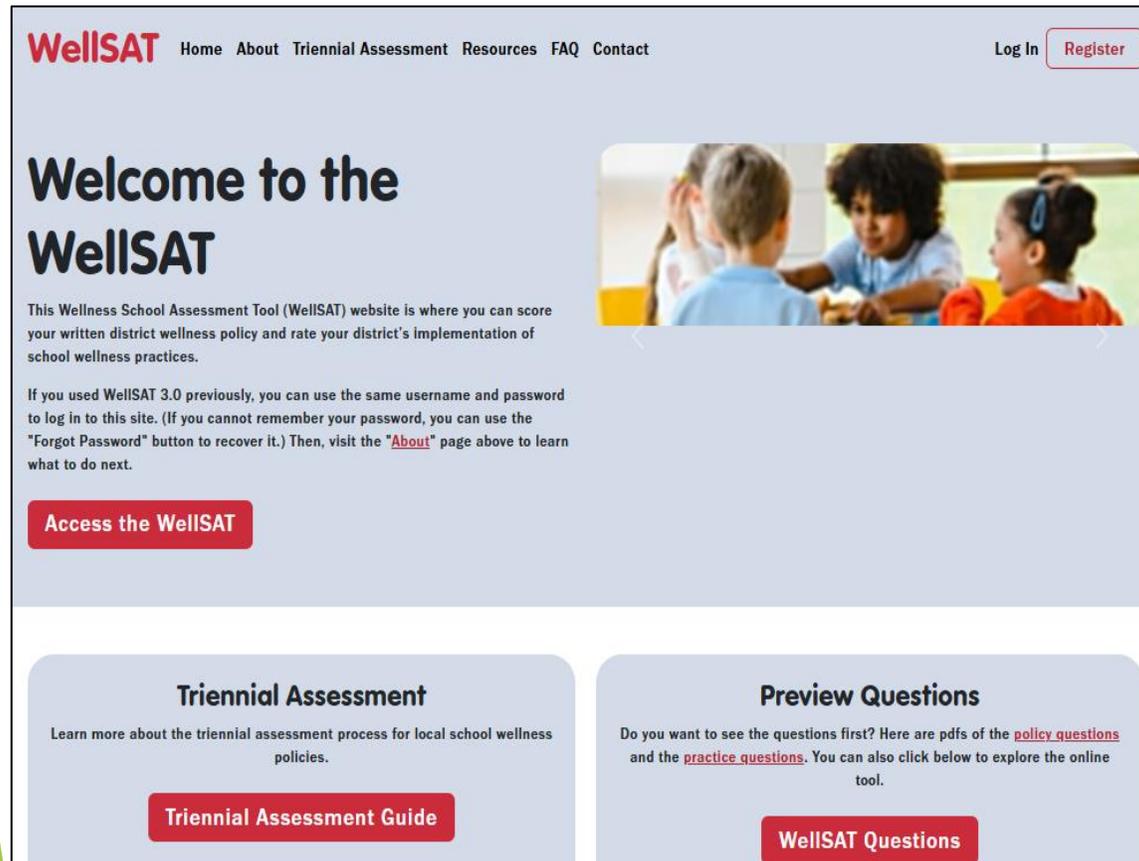
- ▶ On-going, action-oriented school-level advisory group composed of school staff, students, caregivers and community stakeholders.
- ▶ Acts collectively in addressing the health and wellness needs of students, staff and the community through district wellness policy implementation and other health-related initiatives related to identified needs of that specific school.

- School Administrator
- Students
- School Nurse
- Cafeteria Manager
- Counselor
- Out of School Time staff
- Community Member
- Health and Physical Education teacher(s)
- School Staff
- Parents
- School Custodian
- Parents

# District Assessments that Meet Requirements

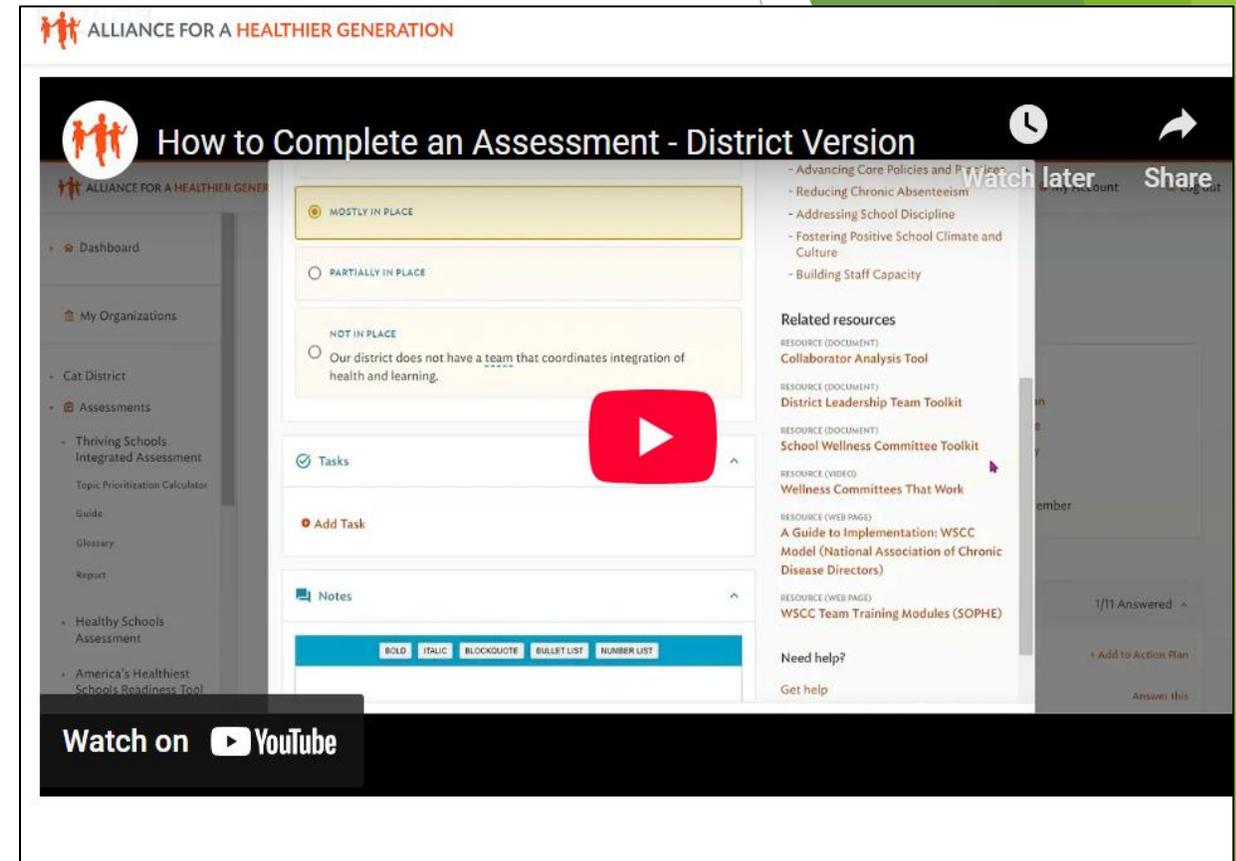
## 3. Assess and Plan WSCC Efforts (WSCC)

Assess how the district wellness policy compares to model wellness policies



The screenshot shows the WellSAT website homepage. At the top, there is a navigation bar with links for Home, About, Triennial Assessment, Resources, FAQ, and Contact. On the right, there are buttons for Log In and Register. The main heading reads "Welcome to the WellSAT". Below this, a paragraph explains that the website is used to score district wellness policies and rate implementation. A second paragraph provides instructions for users of WellSAT 3.0. A prominent red button labeled "Access the WellSAT" is centered below the text. At the bottom, there are two columns: "Triennial Assessment" with a link to the "Triennial Assessment Guide" and "Preview Questions" with a link to "WellSAT Questions".

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



The screenshot shows a YouTube video player for the video "How to Complete an Assessment - District Version" by the Alliance for a Healthier Generation. The video player interface includes a sidebar with navigation options like Dashboard, My Organizations, and Assessments. The main content area shows a video player with a red play button and a progress bar. To the right of the video player, there is a list of "Related resources" including documents and videos. At the bottom of the video player, there is a "Watch on YouTube" button.

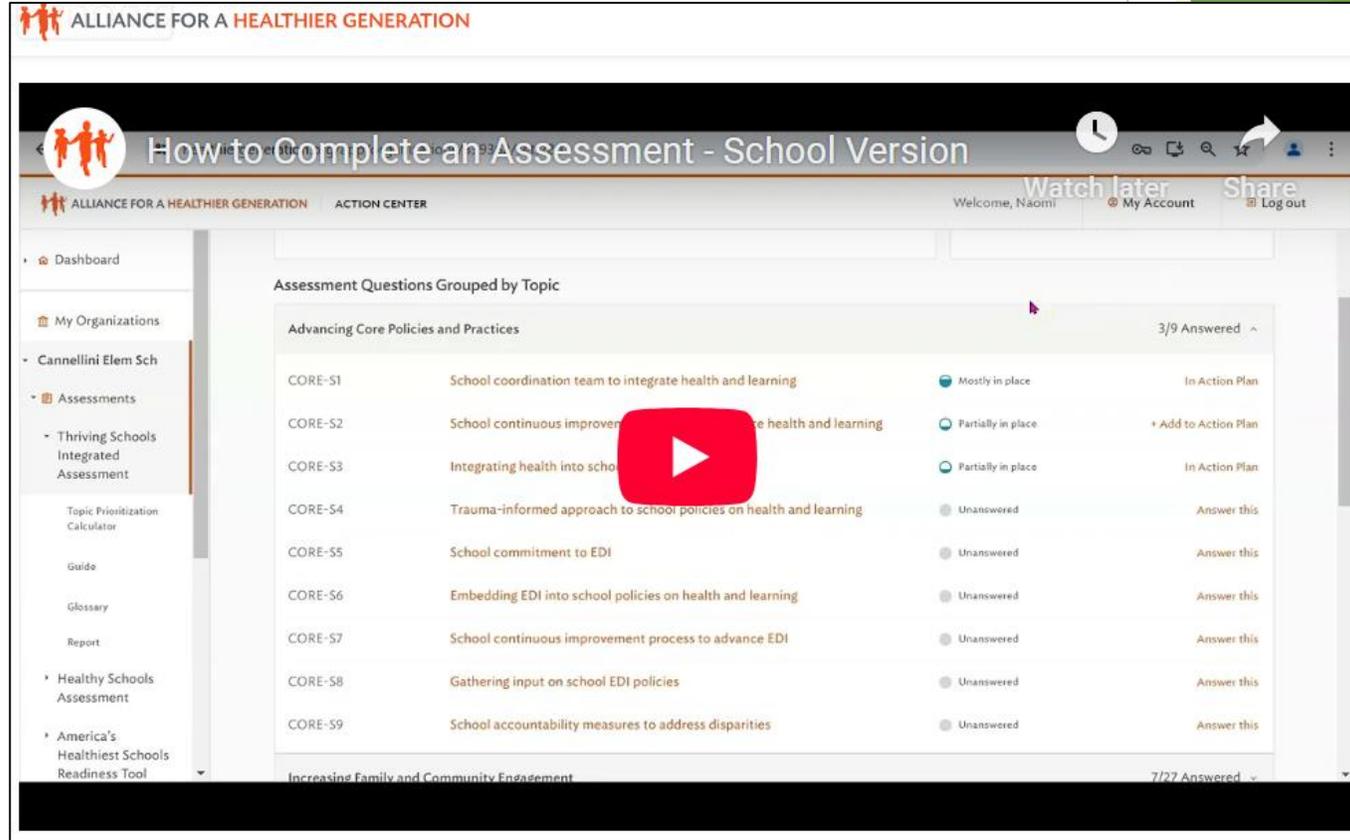
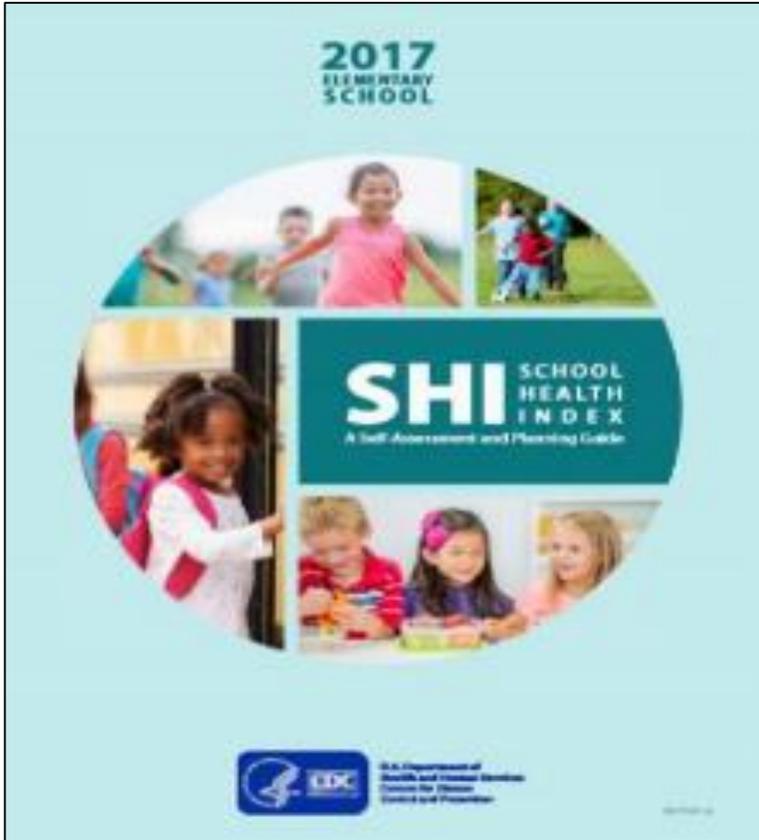
[How to Complete an Assessment | Alliance for a Healthier Generation](#)

# School Assessments that Meet Requirements

## 3. Assess and Plan WSCC Efforts (WSCC)

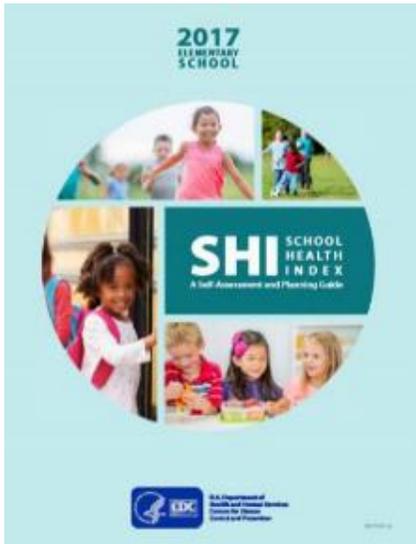
Assess each school under LEAs jurisdiction.

Include each school within LEA to customize the policy at the local level



School Health Index (SHI) | Assessing and Improving School Health | CDC

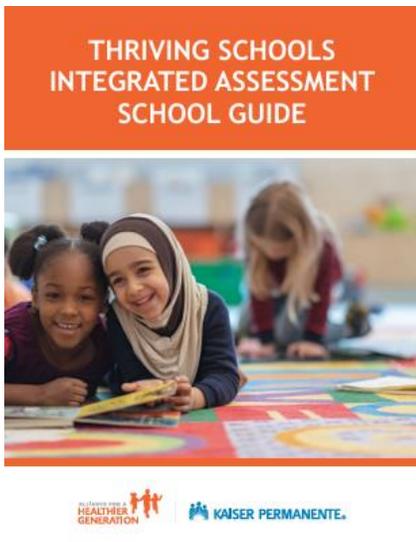
How to Complete an Assessment | Alliance for a Healthier Generation



## Missouri LWP Assessments - WSCC Implementation

### 3. Assess and Plan WSCC Efforts (WSCC)

- ▶ Engage research-based guidelines identifying policies and practices most likely to be effective in reducing youth health risk behaviors
- ▶ Are self-assessments and planning tools
- ▶ Employ an educational process involving a community of stakeholders (teachers, parents, students and the community)
- ▶ Enable schools to identify strengths and weaknesses of health and safety policies, practices and programs.
- ▶ Enable schools to develop an action plan for improving student health, which can be incorporated into the School Improvement Plan.
- ▶ Allows for tracking of annual LWP goals and updates



# A Recent School Assessment that Meets Requirements



The screenshot shows the homepage of the Wellness Policy in Action Tool (WPAT). At the top, it says "Wellness Policy in Action Tool (WPAT)" and "For Everyone JULY 22, 2024". Below that is a section titled "AT A GLANCE" with the text: "The Wellness Policy in Action Tool (WPAT) helps districts and schools implement wellness policies." To the right of this text is the logo for the UConn Rudd Center for Food Policy and Health, which features a red apple and the text "CDC" in a blue box. Below the "AT A GLANCE" section is a section titled "About the Wellness Policy in Action Tool (WPAT)". This section contains a bulleted list of points: "The Wellness Policy in Action Tool (WPAT) uses results from WellSAT 3.0 and School Health Index (SHI) assessments. The purpose is to examine the relationship between a school district's local school wellness policy and school-level health practices.", "WPAT is easy to use and is completely confidential.", and "This tool was developed in collaboration with the UConn Rudd Center for Food Policy and Health." To the right of the main text is a sidebar titled "ON THIS PAGE" with links for "About the Wellness Policy in Action Tool", "How to use this tool", and "WPAT microlearning videos". At the bottom of the page, there is a section titled "Access the Wellness Policy in Action Tool (WPAT)" with a link that says "Access the online version."

The Wellness Policy in Action Tool (WPAT) uses results from [WellSAT](#) and [School Health Index \(SHI\)](#) assessments.

The purpose is to examine the relationship between a school district's local school wellness policy and school-level health practices.

To Learn more visit: [Wellness Policy in Action Tool \(WPAT\) | Assessing and Improving School Health | CDC](#)

[Wellness Policy in Action Tool \(WPAT\) | Assessing and Improving School Health | CDC](#)

# Documentation

# Share Results with the Public

## Local Wellness Policy: Triennial Assessment Summary *Results, Progress and Goals*

### 1. General Information

School(s) included in assessment: \_\_\_\_\_

Month and year of current assessment: \_\_\_\_\_

Date of last LWP revision: \_\_\_\_\_

Website address for LWP and/or details on how public can access a copy:  
\_\_\_\_\_

### 2. Wellness Committee Information

How many times per year does your Wellness Committee meet? \_\_\_\_\_

#### **POLICY LEADERSHIP:** Designated School Wellness Leader

Name	Job Title	Email Address

#### **PUBLIC INVOLVEMENT:** School Wellness Committee Members

\*A diverse group of stakeholders should be invited including Administrators, Classroom Teachers, PE Teachers, SFA Reps, School Nurses, Community Members, Parents, Students, Medical/Healthcare Professionals

Name	Job Title	Email Address

- Clear, defined link to the wellness policy
- Wellness policy overview and purpose
- Assessment results (WellSAT, SHI, AHG and Triennial Assessment Summary which includes summary of goals and progress)
- Meeting dates
- Latest updates
- Feedback and comments
- Wellness policy coordinator contact info
- Links to resources

School Newsletters, social media, school website, school board meeting, wellness committee meetings, open house events, etc.

# New LWP Application Packet (SNP) - District Level

## 1. District Local Wellness Policy (LWP) Coordinator name and contact information?

- i. Name: \_\_\_\_\_
- ii. Title: \_\_\_\_\_
- iii. E-mail: \_\_\_\_\_
- iv. Phone #: \_\_\_\_\_

## 2. Which Missouri Local Wellness Policy and Procedures did your district adopt?

- Missouri School Board Association (MSBA) - Policy # ADF-AP1  
<https://dese.mo.gov/media/pdf/local-wellness-policy-procedures>
- ii. Missouri Consultants Education (MCE) - Policy # PR 2750  
<https://www.moconed.com/regulation.php?action=ind&polID=1341&catID=3> iii.
- Other \_\_\_\_\_

# New LWP Application Packet (SNP) - District Level

**3a. Which Local Wellness Policy district-level assessments have you administered? (This is completed by the District Wellness Committee)**

- Rudd Center WellSAT
- Alliance for Healthier Generation District Level Thriving Schools Assessment (TSIA)
- Other (not WellSAT or AHG)

Year of Assessment: \_\_\_\_\_

**b. How does your district share assessment results? (Check all that apply)**

- Post on the district website
- Social media
- Shared with the DESE Wellness Coordinator
- Other

# New LWP Application Packet (SNP) - District Level

## 4. Which areas of improvement were selected in accordance with district-level assessment findings? (Check all that apply)

- School Health and Safety Core Policies, Programs and Practices
- Health Education
- Physical Education & Physical Activity Programs
- Nutrition Environment and Services
- School Health Services
- School Counseling, Psychological and Social Services
- School Climate and Culture (e.g., Social and emotional climate)
- Physical Environment
- Employee Wellness and Health Promotion
- Family Engagement □ Community Involvement
- Other (e.g. Chronic absenteeism, school discipline etc.):
- Please explain: \_\_\_\_\_

# New LWP Application Packet (SNP) - District Level

**5. How often does the district-level wellness committee meet yearly to track progress on goals met for developed health improvement plans?  
(recommended at least 4 times per year)**

**i. # of meetings \_\_\_\_\_**

# New LWP Application Packet (SNP) - Building Level

**1. Which Local Wellness Policy school-level assessments have you administered? (This is completed by the School Health Advisory Councils in each of the LEAs corresponding schools)**

- CDC's School Health Index (SHI) School - SHI reference #: \_\_\_\_\_
- Alliance for Healthier Generation (AHG), School Level Thriving Schools Integrated Assessment (TSIA)
- CDC's Wellness Policy in Action Tool (WPAT) - WPAT reference #: \_\_\_\_\_
- Other (not SHI or AHG) \_\_\_\_\_

# New LWP Application Packet (SNP) - Building Level

## 2. Which areas were selected for improvement in accordance with school-level assessment findings? (Check all that apply)

- School Health and Safety Core Policies, Programs and Practices
- Health Education
- Physical Education & Physical Activity Programs
- Nutrition Environment and Services
- School Health Services
- School Counseling, Psychological and Social Services
- School Climate and Culture (e.g., Social and emotional climate)
- Physical Environment
- Employee Wellness and Health Promotion
- Family Engagement □ Community Involvement
- Other (e.g. Chronic absenteeism, school discipline etc.)

Please explain: \_\_\_\_\_

# New LWP Application Packet (SNP) - Building Level

**3. How often does the school level health advisory council meet per year to track progress on goals met for developed health improvement plans?  
(recommended at least 4 times per year)**

**i. # of meetings \_\_\_\_\_**

- Off-site and on-site questions
- It's completed - Needs to be deployed and tested
- Will allow DESE to track LWP in schools and have a better understanding of where schools are with the Triennial Assessment

# New Resource

# Resource Update

# What's In The Works?

Building and Sustaining Healthy and Safe Schools for All

Whole School, Whole Community, Whole Child Model  
Missouri Implementation Guide

## District Wellness Program Resources

The following resources are intended to assist with the implementation of the district wellness program.

The final USDA Local School Wellness Policy rule was published on July 29, 2016, and can be found at:

[www.fns.usda.gov/tn/local-school-wellness-policy](http://www.fns.usda.gov/tn/local-school-wellness-policy)

A two-page summary of the final USDA rule can be found at:

[http://www.fns.usda.gov/sites/default/files/tn/LWPsummary\\_finalrule.pdf](http://www.fns.usda.gov/sites/default/files/tn/LWPsummary_finalrule.pdf)

A comparison chart of the 2004 vs. 2010 local school wellness policy requirements can be found on the USDA website at:

<https://www.fns.usda.gov/sites/default/files/lwpcomparisonchart.pdf>

The Centers for Disease Control and Prevention's Healthy Schools website provides a wealth of local policy resources at:

<https://www.cdc.gov/healthyschools/policy/index.htm>

## Nutrition Guidelines

### School Meals

The USDA National School Lunch and Breakfast Program Meal Patterns can be found on DESE's website at: [dese.mo.gov/sites/default/files/FNS-NutritionStandardsNationalSchoolLunchSchoolBreakfast.pdf](http://dese.mo.gov/sites/default/files/FNS-NutritionStandardsNationalSchoolLunchSchoolBreakfast.pdf)

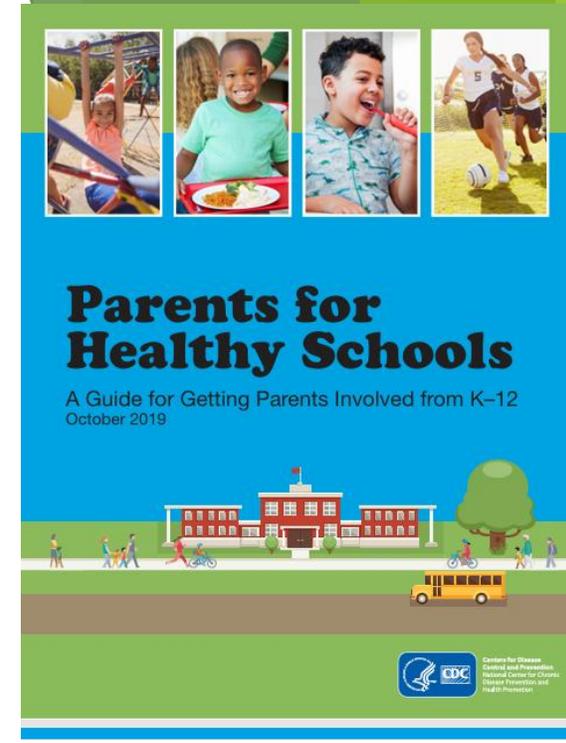
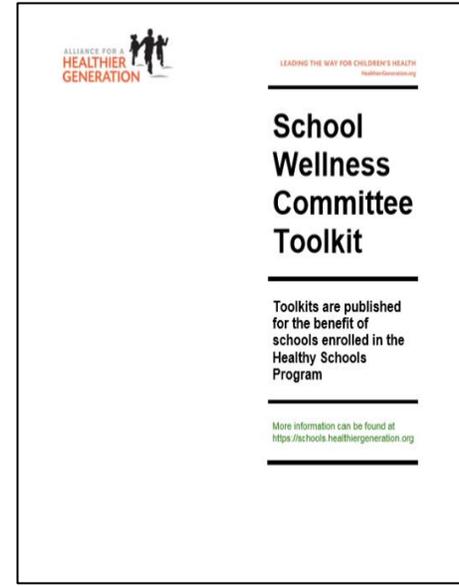
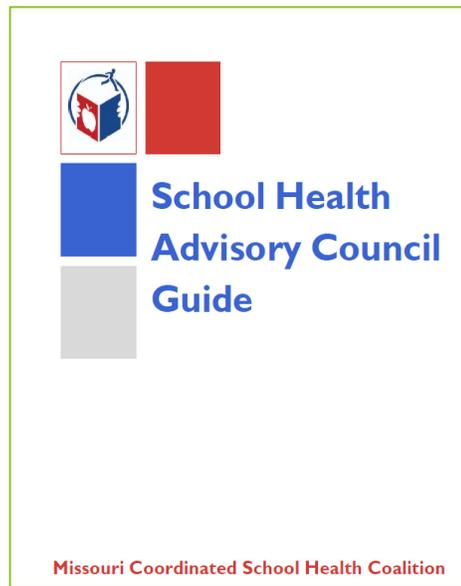
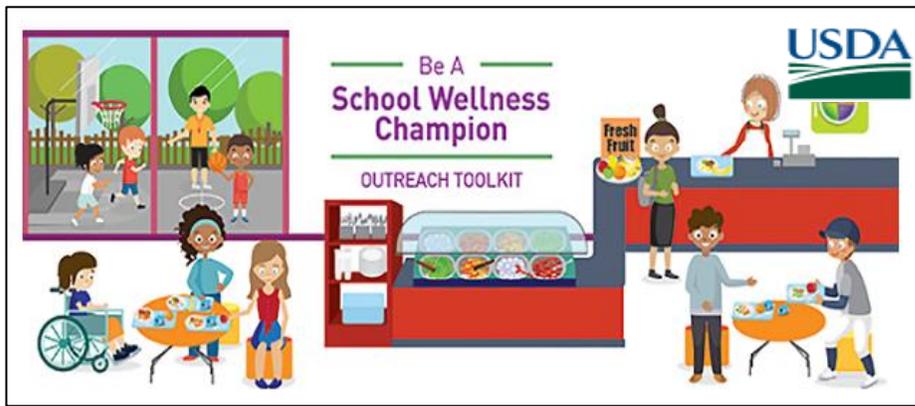
Links to additional resources that can assist in meeting the USDA School Meal Program requirements can be found on DESE's website at: [dese.mo.gov/financial-admin-services/food-nutrition-services/new-meal-pattern](http://dese.mo.gov/financial-admin-services/food-nutrition-services/new-meal-pattern)

Resources such as recipes and menus that can assist schools with planning and preparing meals that meet the School Meal Program requirements can be found on the Alliance for a Healthier Generation's website at: <https://foodplanner.healthiergeneration.org/>

### Smart Snacks

Information about the USDA Smart Snacks requirements, educational resources and policy guidance can be found on USDA's website at: [www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks) and DESE's website at: [dese.mo.gov/financial-admin-services/food-nutrition-services/smart-snacks](http://dese.mo.gov/financial-admin-services/food-nutrition-services/smart-snacks)

Smart Snacks resources, including a Smart Snacks calculator that helps users determine whether a product meets the Smart Snack guidelines, can be found on the Alliance for a Healthier Generation's website at: <https://foodplanner.healthiergeneration.org/>



# WELLNESS RESOURCES



- <https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>
- [https://www.healthykidsmo.org/resources/docs/SHAC/SHAC\\_Guide.pdf](https://www.healthykidsmo.org/resources/docs/SHAC/SHAC_Guide.pdf)
- <http://ccox.sites.truman.edu/2018/09/24/school-health-advisory-councils-shac-2/>
- [AHG-School-Wellness-Council-Toolkit.pdf](#)
- [Parents for Healthy Schools Resources | Healthy Schools | CDC](#)
- [Virtual Healthy School](#)
- [Building Wellness Teams in Schools-Brochure4-pages](#)

# Missouri Healthy Schools - Success Stories and Resources

The screenshot shows the Missouri Healthy Schools website homepage. At the top, there is a navigation bar with links for ABOUT, NEWS, EVENTS, CONTACT, and a prominent RESOURCE LIBRARY button. The main header features a large image of a child's hands holding a wooden spoon, with the text "Reaching the whole child begins with health". Below this, there are buttons for RESOURCE LIBRARY and ASK AN EXPERT. The "UPCOMING EVENTS" section lists four events: "Beyond the Check-In: Empowering Parent-Student Dialogues About Health: Applications Open till November 7, 2025", "PRINCIPALS ADVANCING SCHOOL GARDEN PROGRAMS" (April 22, 2026), "PLANT SELECTION AND SEED SAVING" (March 25, 2026), and "COMMUNICATING SUCCESS" (January 28, 2026). A central message states: "Healthy schools, healthy people. When students are healthy and safe, we can expect positive academic, physical, mental, social and emotional outcomes. We're on a mission to provide the resources, training and assistance needed for Missouri schools to change student lives through healthy practices." At the bottom, there are six resource categories: Food & Nutrition, School Health Services, Physical Education & Activity, Social & Emotional Climate, Health Education, and Employee Wellness, each with a brief description and a "MORE INFO" link.



Missouri Healthy Schools

# Tips for Sustaining

**Consistent Meeting Time/Date at least 4-times per year**

**Establish a Shared Vision, Mission and**

**Consistent with making Decisions**

**Effective Meetings— Using Action Plans & Meeting Guides**

**Celebrate and Share Success**

Questions?



## Wellness

### Local Wellness Policy

A local school wellness policy (LWP) is a written document that guides a local education agency's (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA's jurisdiction can be addressed.

### Triennial Assessment

An assessment of the local school wellness policy must be conducted by the LEA a minimum of once every three years and contain required components including the LEA's compliance with the wellness policy, how the wellness policy compares to model policies and progress made in attaining the goals of the wellness policy. The completed assessment must be made available to all stakeholders, including the public.

### Contact Information

For questions or assistance with Local Wellness Policy, contact **Aline Bishazi** by email at [Aline.Bishazi@dese.mo.gov](mailto:Aline.Bishazi@dese.mo.gov) or by phone 573-751-3862.

### Wellness Policy Resources

- [Local Wellness Policy - Serving with Success Module](#)
- [Local School Wellness on Vimeo](#)
- [Local Wellness Policy Fact Sheet](#)
- [Local School Wellness Policy: Guidance and Q&As - SP-24-2017](#)
- [Local Wellness Policy Checklist](#)
- [District Wellness Program Resources](#)
- [Team Nutrition-Local Wellness Policy](#)
- [Team Nutrition-Local Wellness Policy Resources](#)
- [USDA Local School Wellness Policy Outreach Toolkit](#)
- [Missouri Healthy Schools](#)

### Triennial Assessment Resources

- [Local Wellness Policy Checklist and Triennial Assessment Guide](#) - a checklist of LWP minimum requirements and step-by-step guide to completing the triennial assessment.
- [Local Wellness Policy Triennial Assessment Summary](#) - a triennial assessment reporting tool for documentation of results, progress, and goals.
- [School Health Index \(SHI\)](#) - a self-assessment and planning guide that can enable schools to identify strengths and weaknesses of health and safety policies and programs.
- [WELLSAT 3.0](#) - a wellness policy scoring tool to help you compare your written local school wellness policy to a model policy.
- [Wellness Policy in Action Tool \(WPAT\)](#) - an online tool to help districts and schools examine the alignment of district wellness policies and school-level practices for nutrition and physical activity.

### Model Wellness Policies

- [Missouri School Boards' Association](#)
  - [Local Wellness Policy](#)
  - [Local Wellness Policy Procedures](#)
  - [Local Wellness Policy Resources](#)
- [Missouri Consultants for Education](#)
  - [Local Wellness Policy](#)
  - [Local Wellness Policy Procedures](#)
- [Model Wellness Policy from the Alliance for a Healthier Generation](#)

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Phone: 573-751-3862.