

Suggested Local School Wellness Policy (LSWP) Resources

This list contains online resources for developing, implementing, evaluating, and promoting local wellness policies in schools. Handouts and guides are in *italics*. For more resources, see the Connecticut State Department of Education's resource list, *Wellness Policies for Schools and Child Care*.

LSWP Requirements Outlined by the USDA

Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010:
Summary of Final Rule:

https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf

Final Rule: Local School Wellness Policy Implementation under the HHFKA of 2010:

<https://www.fns.usda.gov/school-meals/fr-072916c>

USDA Memo SP 24-2017: *Local School Wellness Policy: Guidance and Q&As*:

<https://fns-prod.azureedge.net/sites/default/files/cn/SP24-2017os.pdf>

Resources to Support LSWP Development, Implementation and Evaluation

School Wellness Policies for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

Local School Wellness Policy (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/npao/wellness.htm>

USDA Implementation Tools and Resources (USDA):

<https://www.fns.usda.gov/tn/implementation-tools-and-resources>

Local Process: How to Develop, Implement, and Evaluate a Wellness Policy (USDA):

<https://www.fns.usda.gov/tn/local-process-how-develop-implement-and-evaluate-wellness-policy> (Includes monitoring requirements)

Local School Wellness Policy Outreach Toolkit (USDA):

<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

LSWP: Public Notification/Communication:

<http://bcloud.marinschools.org/Health-Wellness/wellness/Documents/Resource%20Sheet.Model%20Policy.LSWP.pdf>
(Example of communication plan)

Action Guide for School Nutrition and Physical Activity Policies (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf

School Health Guidelines (CDC):

<https://www.cdc.gov/healthyschools/npao/strategies.htm>

Suggested LSWP Resources

Model Wellness Policy (Alliance for a Healthier Generation):

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy-environment/local-school-wellness-policy/refresh-your>

Local Process: How to Develop, Implement, and Evaluate a Wellness Policy (USDA):

<https://www.fns.usda.gov/tn/local-process-how-develop-implement-and-evaluate-wellness-policy>

LSWP Assessment Tools

WellSAT 3.0 Wellness School Assessment Tool (Rudd Center):

<http://wellsat.org/> (assesses quality (content and strength of language) of written policies)

School Health Index (CDC):

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

(Self-assessment and planning tool to help schools improve their health and safety policies and programs (provides evidence-based guidelines))

Health Education Curriculum Assessment Tool (Healthy Eating Curriculum) (CDC):

https://www.cdc.gov/healthyyouth/hecat/pdf/hecat_module_he.pdf

School Improvement Tool (ASCD):

<http://sitool.ascd.org/Default.aspx> (Tool to track LSWP implementation)

Physical Education/Activity Resources

Comprehensive School Physical Activity Programs: A Guide for Schools (CDC):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf

Strategies for Recess in Schools (CDC):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessstrategies_508.pdf (Describes 19 evidence-based strategies for planning and providing recess in schools)

Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice (CDC):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessplanning_508.pdf (Guide to help schools develop a written recess plan)

Recess Planning Template (CDC):

https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_customizablerecessplanningtemplate.docx (Customizable template for schools to document school recess plan strategies)

Physical Education (CSDE):

<https://portal.ct.gov/SDE/Physical-Education/Physical-Education>

Suggested LSWP Resources

SHAPE America (National PE Standards):

<http://www.shapeamerica.org/standards/pe/>

Physical Education Curriculum Analysis Tool (PECAT) (CDC)

<http://www.cdc.gov/healthyschools/pecat/index.htm>

Nutrition Promotion and Education Resources

Comprehensive Framework for Addressing the School Nutrition Environment and Services (CDC):

https://www.cdc.gov/healthyschools/nutrition/pdf/school_nutrition_framework_508tagged.pdf

Smarter Lunchrooms Action Guide (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SmarterLunch/SLAG.pdf>

Smarter Lunchrooms Scorecard (Cornell University):

http://www.smarterlunchrooms.org/sites/default/files/documents/SLM-Scorecard2.0_4.pdf

FNS Documents & Resources (USDA):

<https://www.fns.usda.gov/tn/resource-library> (Resources for promoting school nutrition)

Tools for Schools (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools>

Parent/Community Engagement

Parent Engagement: Strategies for Involving Parents in School Health (CDC):

https://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf

Parents for Healthy Schools (CDC):

<https://www.cdc.gov/healthyschools/parentengagement/parentsforhealthyschools.htm>

Toolkit for Community Members (USDA):

https://fns-prod.azureedge.net/sites/default/files/Toolkit_Community_Members_082112-A.pdf

Local School Wellness Policy Outreach Toolkit (CDC):

<https://www.fns.usda.gov/tn/local-school-wellness-policy-outreach-toolkit>

Suggested LSWP Resources



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For more information, see the Connecticut State Department of Education's (CSDE) [School Wellness Policies](#) webpage or contact the [Child Nutrition Programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <http://portal.ct.gov/-/media/SDE/Nutrition/SWP/LSWPResources.pdf>.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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