

STATE OF ALASKA GOLD STANDARD WELLNESS POLICY

Supplemental Materials: 2014

Incremental Steps to Achieving a Gold Standard School Wellness Policy

Some school district leaders may feel that is not feasible to adopt all non-federally required aspects of a Gold Standard policy at one time. For instance, concerns around infrastructure (gym space & equipment) and funding (for teachers) may hamper some districts' ability to adopt physical education policy at the recommended minutes per week. Districts facing these limitations should consider enacting policy to *incrementally (over time)* institute the recommended minutes per week of PE.

Similarly, districts that are reluctant to extend nutrition guidelines to foods offered outside the school day should be encouraged to begin the process of changing foods through taking an initial step to limit unhealthy foods. Over time districts can take steps to only allow healthy foods at school.

Even if districts are not able to implement PE and food policy right away, clearly outlining a plan, in policy, for achieving standards is a critical step forward.

Note: *The federal school wellness policy requirements (<http://www.fns.usda.gov/tn/local-school-wellness-policy-requirements>) are not phased-in; therefore, there are limitations to school district's ability to phase in aspects of school wellness policies.*

There are several policy elements where the incremental approach may be appropriate.

The following **model language** is for **2 examples** of incremental approaches to elements of school wellness policy.

1. PHYSICAL EDUCATION

*Alaska Gold Standard School Wellness Policy; Student Nutrition and Physical Activity (BP 5040), portions of **Section C***

A policy that passes in the spring of 2014 might read (*italic text has been added*),

"Beginning August 2014, all elementary students will be provided physical education at least two days per week, or the equivalent of at least 60 minutes per week.

Beginning August 2016, all elementary students will be provided physical education for all students at least three days a week, or the equivalent of at least 90 minutes per week.

Beginning August 2018, all elementary students will be provided physical education for all students at least 4 days per week to the equivalent of at least 120 minutes per week.

By August 2020, all elementary students will be provided physical education for all students 5 days per week, or the equivalent of 150 minutes per week."

“Beginning August 2014, all middle school students shall be required to participate in a full year of physical education for 1 of 2 or 2 of 3 years of middle school.

Beginning August 2016, all middle school students shall be required to participate in physical education for all years of middle school for at least 3 days per week, or the equivalent of at least 135 minutes per week.

Beginning August 2018, all middle school students will be provided 5 days a week of physical education or the equivalent of at least 225 minutes per week, for the entire school year for all years of middle schools.”

As well as the following text already included in a model policy:

“All high school students shall be required to participate in physical education for one full year.

Physical education shall be exclusive of health education and shall be available for all four years of high school.”

2. NUTRITION

Alaska Gold Standard School Wellness Policy; Student Nutrition and Physical Activity (BP 5040) portions of Section B.

For food offered during non-school hours a policy that passes in the spring of 2014 might read (*italic text has been added*):

“All other foods and beverages made available at school during the school day shall meet nutritional requirements of the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools also known as Smart Snacks at School (Federal Register/Vol. 78, No. 125). This includes foods available on the school campus (all property under the jurisdiction of the school district that is accessible to students) between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day.

Beginning August 2015, all beverages made available (for purchase or free) at school regardless of time of day will meet nutritional guidelines outlined in Smart Snacks at School; therefore non-diet sodas, sports drinks, and other sugary beverages will not be made available. Schools will provide water for free or at a reduced price at all school-sponsored events at school.

Beginning August 2016, at least 50 percent of all foods made available (for purchase or free) at school regardless of time of day will meet nutritional guidelines outlined in Smart Snacks at School (<http://www.fns.usda.gov/school-meals/smart-snacks-school>).

Beginning August 2018, all foods made available (for purchase or free) at school regardless of time of day will meet nutritional guidelines outlined in Smart Snacks at School.”

The State of Alaska Gold Standard Wellness Policy can be found online at <http://redegroup.co/opcpwellness-Policy>.

For assistance modifying or adapting school wellness policies, please contact the State of Alaska Obesity Prevention and Control Program.

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