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**From:**  
**Sent:** Thursday, January 13, 2022 2:30 PM  
**To:**  
**Subject:** NDS Wellness Policy Training

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A message from NUTRITIONAL DEVELOPMENT SERVICES

1/13/2022

Greetings from NDS!

The virtual training for the 21-22 SY continues with this email and links to information about the NDS School Wellness Policy. Knowledge of the policy and it's requirements was one of the items found to be lacking in the assessment conducted last spring. Please share this information widely among your school staff and administration.

Please read and review this information by Friday, January 28, 2022.

## Nutritional Development Services – School Wellness Policy

A local school wellness policy is a written document of official policies that guide efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

NDS is required to complete an assessment of the local school wellness policy at least once every three years and to make the results available to the public.

This triennial assessment must measure the implementation of the local school wellness policy and include:

- The extent to which schools are in compliance with the wellness policy;
- The extent to which the wellness policy compares to model school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

The PA Department of Education, Division of Food and Nutrition developed a Wellness Policy Assessment Tool and Report template that NDS used to assess the current policy in Spring 2021.

Please do the following to complete this training activity:

1. Please read the current [NDS School Wellness Policy](#).
2. Review [the results of the assessment](#).
3. Review [the presentation of the results](#) and a summary of goals for the 21-22 school year.
4. After reviewing all of this information, please complete the [training document about Wellness](#).

USDA requires that the policy language and standards are reviewed and updated every three years. This spring, NDS will be conducting this task. If you are interested in participating in the Wellness Policy Committee and assisting with project, please contact Jean Falk by email or phone ([jfalk@ndsarch.org](mailto:jfalk@ndsarch.org)) - or 215-895-3470, option 1). All meetings will be held via Zoom.

Thank you all and have a wonderful day!

NDS Staff