

TIPS FOR SCHOOL WELLNESS POLICIES: INFORMATION FROM THE MASA WELLNESS POLICY SURVEY

The following is a resource guide and tip sheet based on responses to a survey administered to superintendents in Minnesota. The information provided addresses requests, questions, and recommendations from the Wellness Survey.

RECOMMENDATIONS:

1. **Involve many stakeholders:** You will find wealth in numbers and diversity. Include students and interested parties; they can provide crucial insight and research
2. **If you are struggling, communicate with neighboring schools:** They can be used as a resource and may even provide you a copy of their wellness policy
3. **Don't reinvent the wheel:** Below is a list compiled from the most frequently recommended resources suggested by your colleagues (particularly the use of MSBA's model policy)
4. **Keep it simple:** This policy will build dialogue around the important issue of student health and wellness and can be elaborated and refined in the years to come to best address the issues of your school
5. **Make it useful:** Be sure to have achievable goals and policies that fit your school and will be used and worthwhile.

BEST RESOURCES:

- **MSBA Model Policy** (adapt it to your school!): www.mnmsba.org
- **Local service cooperative:** They may have a consultant or expert available for assistance
- **U of MN Extension Service:** <http://www.extension.umn.edu/nutrition/wellness.html>
(Wellness Policy guide for purchase \$100. Website offers tips, advice, and resources)
- **MN Department of Education:** <http://education.state.mn.us>
(search under "Wellness Policy" for Wellness Policy Guide and Tool)
- **Action for Healthy Kids:** <http://www.actionforhealthykids.org/wellnesstool/index.html>
(Visit the "Virtual Wellness Team" and the Wellness Policy steps. Also available: State

and national health profile and downloadable powerpoint presentations addressing health and wellness)

- **USDA and Team Nutrition:**
www.fns.usda.gov/tn/healthy/wellnesspolicy_examples.html
(Sample guidelines and policies. Downloadable Powerpoint presentations explaining Wellness Policy and steps to fulfill mandate)
- **CDC's School Health Index:** www.cdc.gov/HealthyYouth/
(Click on "School Health Index". Great assessment and evaluation tools)
- **Eachother:** Talk to your neighboring district

MASA SUPPORT:

- We have emailed a powerpoint slide that can help build "buy-in" among staff, community members, and students regarding the importance of school health and wellness in wake of the rising obesity epidemic
- We will provide a sample policy on our website as a model for those that are getting started with this process
- We will continue to promote health and wellness in our presentations and actions. We are here to support you and provide you with access to a network of districts and resources

Thank you to all that were able to complete and return the survey. We hope your policy development is underway and the tips from your colleagues on this sheet are a useful tool during the development and implementation process.