



Change Strategies for Arizona: Where We Learn



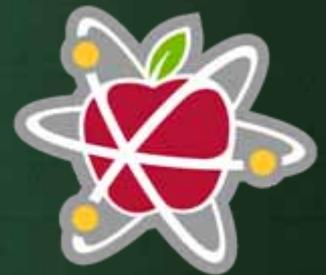
Local Wellness Policy
and
Coordinated School Health



Arizona School Health Statistics

School Health Coordination

- 71.0 % of Arizona schools had developed a Local Wellness Policy
- 43.7 % of Arizona schools reported having a school health council
- 37.6 % of Arizona schools have conducted some type of health related self assessment



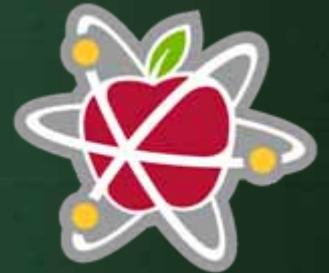
* Statistics reported in CDC School Health Profiles 2008



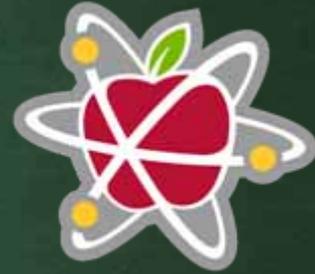
Local Wellness Policy

Public Law 108-265, Section 204

- Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in the National School Lunch Program shall establish a local wellness policy for all schools under the local education agency.



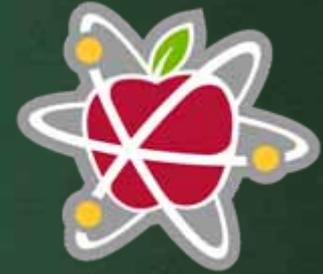
Local Wellness Policy



At a **minimum** must include:

- Goals for nutrition education, physical activity, and other school based activities
- Nutrition guidelines selected for all foods available during the school day
- Assurance that guidelines for reimbursable meals will not be less restrictive than current regulations

Local Wellness Policy



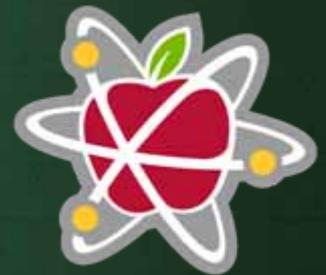
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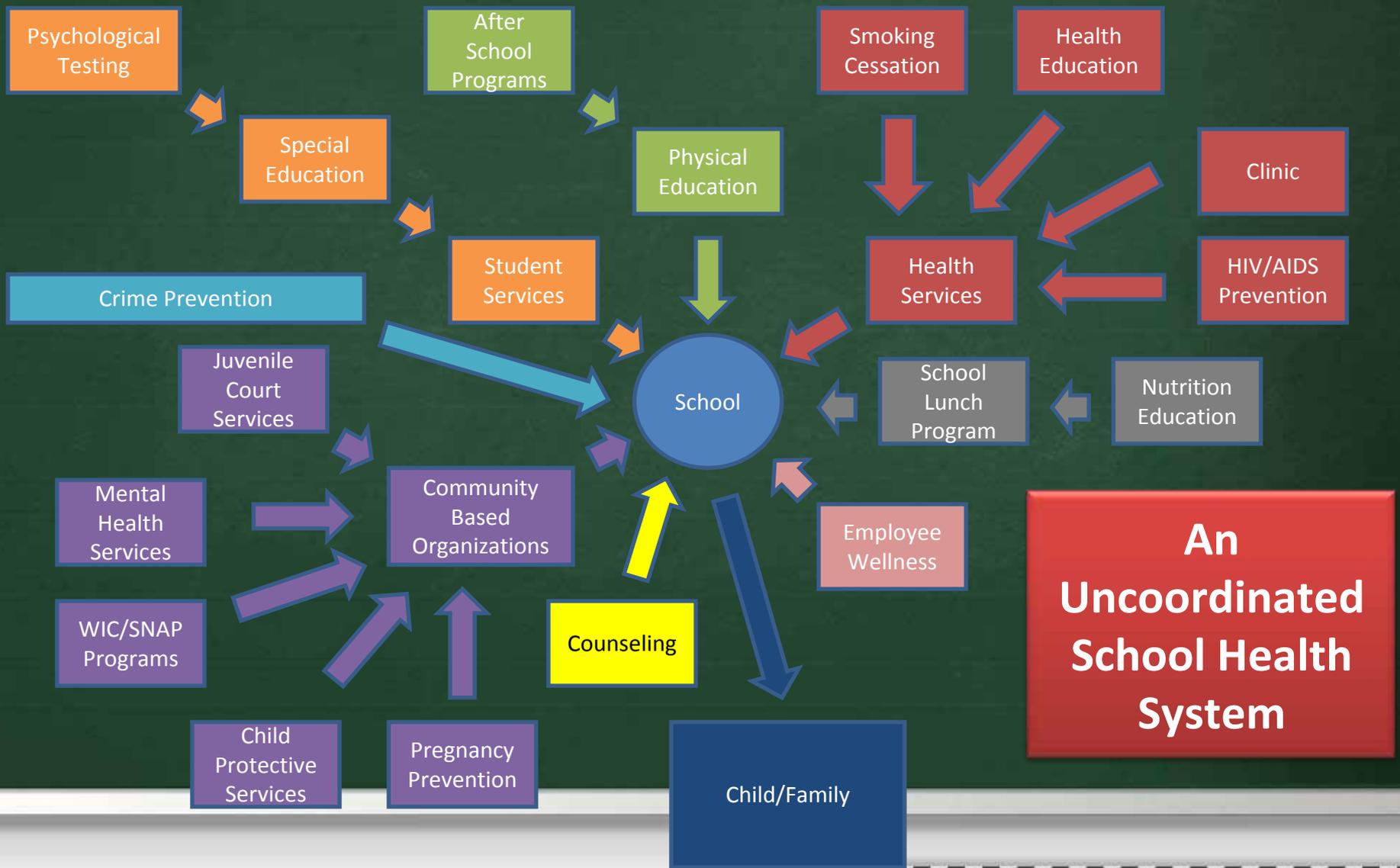
- A plan for measuring implementation, including the designation of one or more persons with within the local education agency that will be charged with the operational responsibility for ensuring that the school meets the local wellness policy
- Involvement of parents, students, food service, school board, school administration, and the public



Coordinated School Health

Why Coordinated School Health?



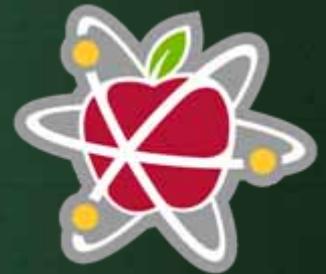




Coordinated School Health

Why Coordinated School Health?

“If schools do not deal with children’s health by design, they deal with it by default.”



Coordinated School Health

What is Coordinated School Health?

- Coordinated school health is an eight component model that helps integrate all the basic components of school health
- The components include: health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement.



Coordinated School Health

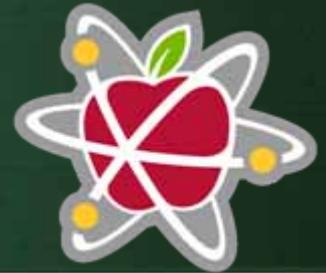




Coordinated School Health

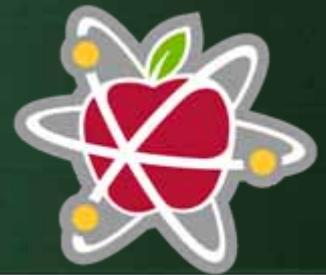
How do we implement Coordinated School Health?

- Leverage Local Wellness Policy requirements
- Organize a School Health Advisory Council
- Utilize ADE Professional Development Programs



Our Commitment

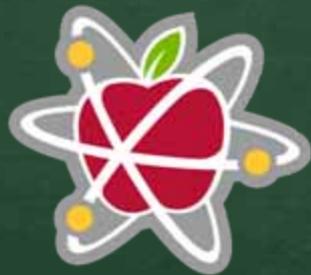
The Arizona Department of Education is developing a professional development program to assist schools in the development and implementation of Local Wellness Policies.



Your Commitment

Further your commitment by attending:

Arizona's Coordinated School Health
Professional Development Institute



Healthology
School health in action.

January 27 & 28, 2010

Prescott, AZ



Round Table Discussion

Connie Parmenter, RD

Director of Nutrition Services

Washington School District

