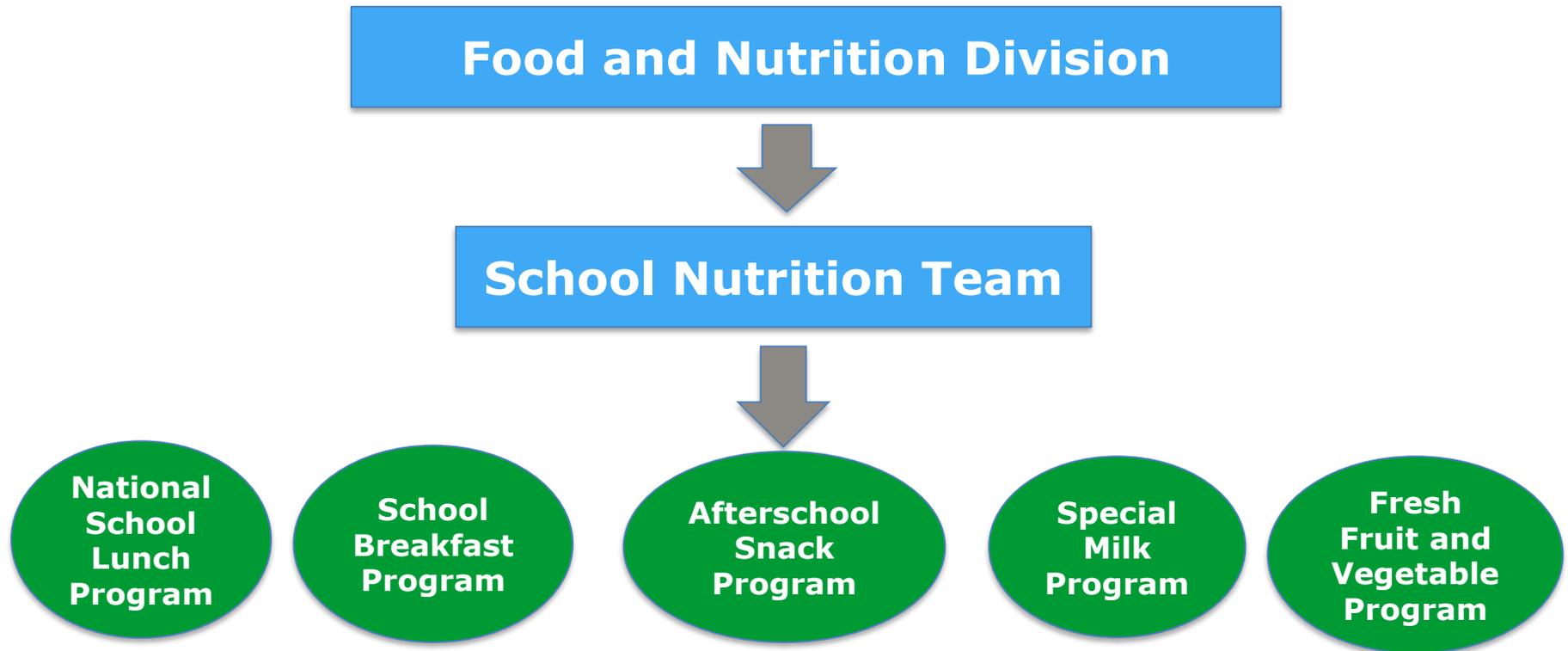


# **Roles and Responsibilities of a School Wellness Coordinator**

Bobbie Davidson  
Program Officer  
February 9, 2019



# NDA's Role in School Wellness



The Healthy Hunger-Free Kid Act of 2010 put into place that any school operating a Child Nutrition Program must have a School Wellness Policy in Place.

# Any School Wellness Coordinators??



# My Role in School Wellness

- **State School Wellness Coordinator**
  - Middle man between USDA and School Districts
  - Training and technical assistance
  - School Wellness Compliance
  - Oversight of Nevada School Wellness Initiatives



## NEVADA'S SCHOOL WELLNESS POLICY



FOOD & NUTRITION DIVISION



# Your Role as School Wellness Coordinator

- **School Site Level Coordinator**
  - Middle man between District School Wellness Coordinator and School Site
  - School Wellness Champion
  - Contact person for all School Wellness related matters at your school site
  - Reporting agent for annual School Wellness Policy assessment





# Know your LSWP!- Cheat Sheet

- **School day = Midnight to 30 min after instructional day ends.**
- **Governs all food given away, sold and marketed\*\***
  - Check LSWP for exemption days
  - Does not include SBP, NSLP, ASSP
- **Competitive Foods**
  - Only Smart Snacks allowed
  - Exemption days do not apply to any foods sold or used in fundraisers
- **Physical Activity**
  - 30 minute opportunity daily
- **Meal Consumption Times**
  - 15 minutes in seat time to consume breakfast
  - 20 minutes in seat time to consume lunch

# Know your LSWP!- District Goals

**Each District has 3 School Wellness Policy Goals:**

1. Nutrition education and promotion goal
2. Physical activity goal
3. Other school-based wellness related goal



**Do you know your district's goal?**

# Know your LSWP!- Reporting

- **Every 3 years**
  - School Wellness Policy must be reviewed
- **Annually**
  - Site-Level assessment on LSWP implementation due by June 30<sup>th</sup>
    - ❖ Goal Progress
    - ❖ Meeting information
    - ❖ Site implementation questions

## Nevada School Wellness

Smart Snacks Nutrition Standards



### School Wellness Policies

The Nevada School Wellness Policy is based on USDA's Smart Snacks Nutrition Standard.

[Learn more >](#)

### Smart Snacks Product List

List of products that meet the criteria for the Smart Snacks Nutrition Standards.

[Learn more >](#)

### Wellness Comments

View or Leave a comment about your child's experiences with the wellness policy.

[Wellness Comment >](#)

### School Wellness Resource List

List of resources for the school wellness system.

[Learn more >](#)

### Public Reports

View Wellness Policy implementation progress throughout the state by district or by school.

[View Reports >](#)

**Coming Soon!!**

# Start Small

- **Talk to your administrator**
- **Identify trouble area(s)**
- **Develop a game plan**
- **Find your Why!**



# Recruit Help!

- **Staff**
  - Form committee
  - Delegate duties
- **Students**
  - Include nutrition standards into lesson plans
  - Conduct mini audits
  - Students assess and decides what is in vending machines
- **Parents**
- **Community**



# Market Your LSWP!



- **Share information with Students, Staff, and Parents**
  - District school wellness goals
  - School site progress on district goals
  - School wellness initiatives
  - Staff wellness initiatives
  - Annual school site assessment

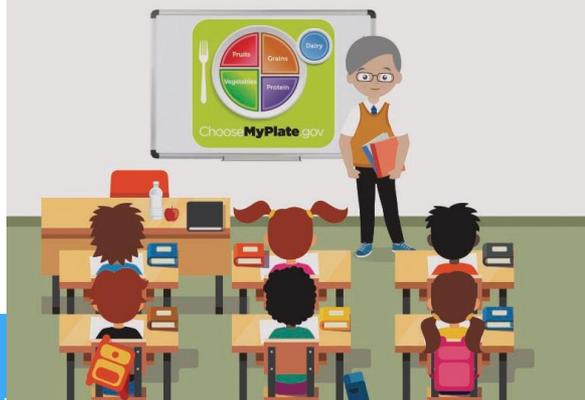
Parents Have Power to  
Make Schools Healthier  
#schoolwellness



# Know Available Resources!

- **Team Nutrition Resources**
  - Outreach Toolkit
  - Nutrition Education Curriculum
  - Free! Posters, stickers, and books
  - Popular Events Idea Booklet

Better Health = Better Learners  
#schoolwellness



agri.tn.gov

<https://www.fns.usda.gov/tn/team-nutrition>

# Know Available Resources!

- **USDA**

- Local School Wellness Policy process
- Wellness Policy elements
- Success stories/best practices
- Grants/Funding opportunities
- Training

<https://healthymeals.fns.usda.gov/local-wellness-policy-resources/>

Help Us Make the  
Healthy Choice the  
Easy Choice at School!  
#schoolwellness



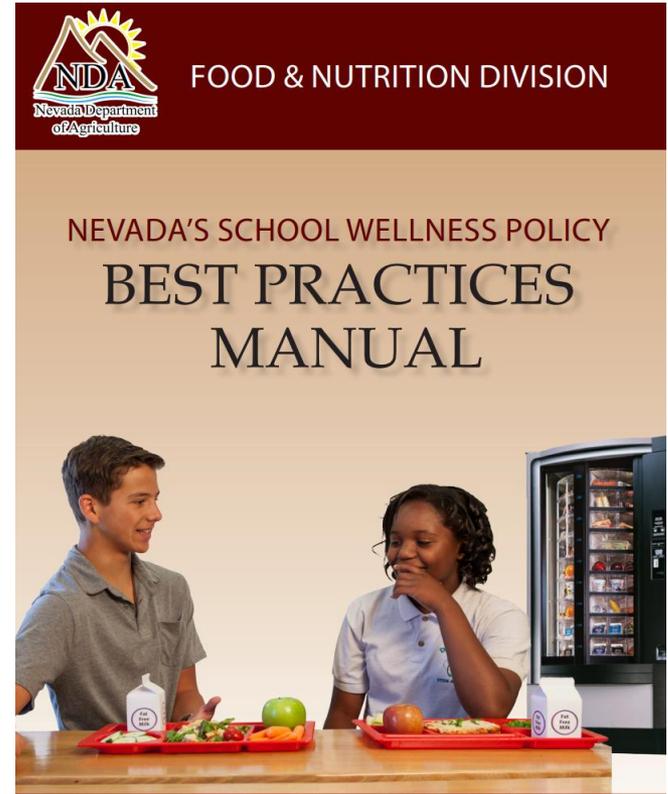
# Know Available Resources!

## Nevada Department of Agriculture

- State Wellness Policy
- District School Wellness Policies
- Best Practices Guide
- Approved Smart Snacks List

<http://nutrition.nv.gov/Programs/Wellness/>

agri.nv.gov



# Check out local Resources during lunch!

- **Green Our Planet**
- **Southern Nevada Health District**
- **Dairy Council of Nevada**
- **Fuel Up to Play 60**
- **Southern Nevada Strong**
- **Sunrise Hospital and Medical Center**
- **University of Nevada Cooperative Extension**
- **American Heart Association**
- **CCSD Nutrition Services**
- **CCSD Safe Routes to School**

# Walk the Talk!

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## Staff Lead by Example at Young Oak Kim Academy

**“Nevada is a big state, but small enough for one person to make a difference.”**

Donell Barton

Former Administrator of the Food and Nutrition  
Division

Nevada Department of Agriculture

# Questions??



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