

# Health and Wellness Policy

The Every Student Succeeds Act (ESSA), implemented in 2015, encourages schools to provide a “well-rounded education”. One way this can be achieved is by implementing a School Health and Wellness Policy. A local school wellness policy is a written document of policies that guide a school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity.

School wellness councils bring together representatives from different areas of school life (administrators, food services, parents, teachers, community members, etc.) to focus on the health and wellbeing of students and staff by assessing the school’s health status, guiding school health policies, and coordinating activities on health topics. Wellness councils are most effective when they include a champion(s) who can ensure regular meetings, active participation of members, and members who are representative of school and community life.

- Use direct communication methods to communicate with parents about school health related activities.
- Form a Wellness Council including school staff, parents, students, community members and outside health promotion organizations.
- Encourage your school wellness council (or equivalent) to meet four or more times per year.
- Encourage your school wellness council (or equivalent) to regularly review and implement policy change for physical activity and nutrition.
- Partner with outside health promotion organizations to increase health education and promotion to students, parents, and school staff.
- Conduct an annual School Wellness Assessment. (Healthy Champions Assessment)
- Consider offering health promotion programs to employees and their families.

Visit our website to view the [“School Wellness Councils” webinar](#), which includes an overview of wellness councils, how to identify potential members, strategies for keeping members engaged, as well as lessons learned from a PA School District with an active wellness council.

## Resources:

- [Building a Healthier Future for Your School](#)
- [Employee Wellness Resources](#)
- [Healthier Worksite Initiative: Toolkits](#)
- [Workplace Health Promotion](#)
- [Wellness Council Help](#)
- [CDC’s Putting Local School Wellness Policies into Action](#)

