

# What Must the Wellness Policy Include?

The law specifically requires that, at a minimum, wellness policies:

- Include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
- Include nutrition guidelines for all foods available on the school campus during the school day;
- Assure that the guidelines for school meals are not less restrictive than Federal standards;
- Establish a plan for measuring implementation of the local wellness policies;
- Involve parents, students, representatives of the school authority, the school board, school administrators, and the public in development of policies.

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# NFSMI PRESENTS

## Local School Wellness Policy: A Team Approach

*2-hour Satellite Seminar  
and  
Live Interactive Teleconference*

**October 18, 2005**



**National Food Service  
Management Institute  
The University of Mississippi**

# Program Information

On June 30, 2004, the President signed the Child Nutrition and WIC Reauthorization Act of 2004 into law. This new law requires every school district to develop and implement a local wellness policy by the beginning of School Year 2006 - 2007.

The primary goal of this satellite seminar is to provide child nutrition professionals and other key players in the school and community an opportunity to hear the most current school wellness policy information.

This program will feature local school districts that have health and wellness efforts already under way. It will also allow participants the opportunity to call in and have their questions answered by a panel of experts.

## IT'S FREE! REGISTER AS A VIEWING SITE

All viewing sites must register before October 18, 2005, at [www.nfsmi.org](http://www.nfsmi.org).

To locate a viewing site near you, contact Amy Casteel at 800-321-3054 or [acasteel@olemiss.edu](mailto:acasteel@olemiss.edu).

Guest panelists will discuss their involvement in wellness policy development.

## Panelists

### Pat Cooper, PhD

Superintendent  
McComb School District  
McComb, MS

### Charlotte Davis, RD, LD, SFNS

Child Nutrition Director  
Searcy Public Schools  
Searcy, AR

### Karen Greene, EdS

School Nutrition Director  
Thomas County Schools  
Thomasville, GA

### Mary McKenna, PhD

Health Scientist  
Division of Adolescent and School Health  
Centers for Disease Control

### Clare Miller, MS, RD

Sr. Nutritionist, Child Nutrition Division  
USDA/Food and Nutrition Service

### Alicia Moag-Stahlberg, MS, RD

Executive Director  
Action for Healthy Kids

### Charlotte B. Oakley, PhD, RD, FADA

Executive Director  
National Food Service Management Institute

### Bill Potts-Datema, MS

Director, Partnerships for Children's Health  
Harvard School of Public Health

## Audience

Child nutrition professionals, school administrators, teachers, nurses, parents, community partners, and others interested in wellness policy development.

## Technical Information

**Satellite coordinates** will be e-mailed to registered viewing sites approximately one month before the air date.

**Viewing Time:** The seminar will be preceded by a 15-minute test period.

Pacific Time	Noon - 2:00 p.m.
Mountain Time	1:00 - 3:00 p.m.
Central Time	2:00 - 4:00 p.m.
Eastern Time	3:00 - 5:00 p.m.

**Webcast** of the seminar will be available the day of the seminar on NFSMI's Web site, [www.nfsmi.org](http://www.nfsmi.org).

**Submitting Questions:** Questions for the panel discussion may be submitted one week in advance by e-mailing to [wellness.seminar@mpbonline.org](mailto:wellness.seminar@mpbonline.org).

OR

On the day of the teleconference by calling **877-405-5247** or e-mailing [wellness.seminar@mpbonline.org](mailto:wellness.seminar@mpbonline.org).

### Important Phone Numbers:

- For more information on the content of this seminar, please call **800-321-3054**.
- For questions regarding reception or satellite trouble, please call **601-432-6498**.