



Ten Tips to Revise Wellness Policies

The AZ Health Zone Childhood Systems Committee created this list of tips to help you revise and add wellness initiatives to a district or school's Local Wellness Policy (LWP).

#1 Ask Wellness Committee, caretakers and students for feedback on current LWP. Do this at the start of the school year and after Winter Break.

#2 Make LWP goal setting fun. Inspire student involvement, team work, and highlight accomplishments.

#3 Offer Train the Trainer staff development opportunities. Providing staff with tools helps make systemic changes.

#4 Provide youth-based sites with posters and AZ Health Zone stencils to improve the nutrition and physical activity environment.

#5 Provide email, handout, and survey templates to members.

#6 Recommend healthy celebrations in the classroom and healthy fundraising as LWP initiatives. Provide staff with flyers or help them develop creative ways to celebrate and raise funds.

#7 Assist in planning and coordinating events. Provide education, activities, resources, and invite community partners.

#8 Advocate to add the Smarter Lunchrooms Movement, school gardens, and other PSE initiatives to the LWP.

#9 Create subcommittees to work on certain initiatives. A garden subcommittee to monitor and organize initiatives is one example.

#10 Recognize and celebrate your school's wellness champions.

Collaborate with your school to learn about cultural holidays, observances, foods, and languages relevant to the school community.

Review the How to Start and Maintain a Wellness Committee/SHAC for more information on LWP initiatives, revisions, and wellness committees..