

Supports and Resources for Basic Requirements Vermont Local Wellness Policy Guide

General Strategies/Resources

- Ensure that LWP health-related goals and objectives are included in the required School Effectiveness Plan.
- Establish goals and objectives that benchmark progress for 3-5 years out.
 - A goal is an overarching principle that guides decision making. Objectives are specific, measurable steps that can be taken to meet the goal.

Wellness Team Strategies/Resources

- Establish an LEA level Wellness Team* to implement, monitor, and evaluate the district wellness policy (see [School Wellness Committee](#) by Alliance for a Healthier Generation).
 - Include community members such as health professional (e.g., doctor or nurse), business partners, youth service organization, parks and recreation representatives, local coalitions, local agriculture community, and local health departments.
 - From the beginning, be clear about how much time the wellness team meetings and activities will take to limit attrition.
 - Write clear roles and expectations for participants.

*This work may fit into the scope of work of an already existing team, such as a Whole School, Whole Community, Whole Child (WSCC) Team or a School Wellness Committee.