

Wellness Policy Resources

Last updated December 2009

Laws

[Child Nutrition and WIC Reauthorization Act of 2004](#)

Indiana Code [20-26-9-18](#), mandating a Coordinated School Health Advisory Council for each school corporation in the state of Indiana, effective July 1, 2007.

Wellness Policies

[Working on your Wellness Policy?](#) – Indiana Department of Education and the Indiana Dairy Council

Wellness Policy [Federal Law, Information, and Requirements](#)

[Model Wellness Policies](#) – from the National Alliance for Nutrition and Activity

[School Wellness Policy Evaluation Tool](#) – supported by the Robert Wood Johns Foundation

Action for Healthy Kids [Wellness Policy Tool](#)

Center for Ecoliteracy – [Wellness Policy Guide](#)

[Dairy Foods and Your School Wellness Policy](#) – Indiana Dairy Council

[Wellness Policy Presentation](#) – Indiana Department of Education

Nutrition

[My Pyramid](#) – nutrition information including menu planner, dietary guidelines, food groups, etc

USDA's Team Nutrition [website](#)

[Improving the School Nutrition Environment](#) - USDA

School Nutrition Association's [Resource Center](#)

Indiana Dairy Council's [website](#) for schools

Indiana Department of Education [Resources on Nutrient Guidelines and Healthy Snacks](#)

[Healthy Snack Calculator](#) from Seattle Public Schools

[Making it Happen!](#) – School Nutrition Success Stories from the USDA

Indiana Department of Education School and Community Nutrition [homepage](#)
Team Nutrition [homepage](#)

Health Education

[Indiana Standards for Health Education](#) – Indiana Department of Education

[Health Education Curriculum Assessment Tool](#) (HECAT) – from the CDC

[P.E. and Health Center](#) – Education World

Physical Education

[Indiana Standards for Physical Education](#) – Indiana Department of Education

[Physical Education Curriculum Assessment Tool](#) (PECAT) – from the CDC

Articles, newsletters, and resources by [PElinks4U](#)

[P.E. and Health Center](#) – Education World

Staff Wellness

[“School Employee Wellness: A Guide for Protecting the Assets of our Nation’s Schools”](#) – from the Directors of Health Promotion and Education (DHPE)

[Simple Steps for School Staff Wellness](#) – National Association of State Boards of Education (NASBE)

[Resource List](#) from eatwellandkeepmoving.org

Tobacco

[Indiana Tobacco Prevention and Cessation](#) (ITPC)

[Indiana Prevention Resource Center](#) (IPRC)

[Youth Tobacco Prevention](#) – CDC Office of Smoking and Health

[How to Quit Resources](#) from the CDC Office of Smoking and Health

Various Topics

Indiana Action for Healthy Kids [Resources](#)

CDC’s [School Health Education Resources](#) – a searchable database

[Success stories from the field](#) – Improving school food and beverage without loss of revenue

[Non-food Fundraising Ideas](#) – from the Texas Dept of Agriculture’s Square Meals Initiative

[Fit, Healthy, and Ready to Learn](#) – from the National Association of State Boards of Education (NASBE)

[Promoting Healthy Youth, Schools, and Communities](#) – free download from American Cancer Society

[Making the Connection: Student Health and Academic Achievement](#) – from the Society of State Directors of Health, Physical Education, and Recreation (scroll down to about the middle of the page)

ASCD (formerly the Association for Supervision and Curriculum Development) – [Whole Child Initiative](#)

Indiana Coalition to Improve Adolescent Health – [website](#) with resources, Indiana's Adolescent Health Plan, and partner organizations

Youth Garden Grants and Healthy Sprouts Awards [here](#)

Get recognized as a [HealthierUS School Challenge Award Winner](#)