

# Wellness Policies and Schools

Raymond Yu  
Principal, Oak Grove Elementary  
Bloomington Public Schools

# School Wellness Policies

- Child - Nutrition and WIC Reauthorization 2004
- Section 204 of Public Law 108-265
- Nutrition, physical activity, and education
- Promote and protect student health

# Creation or Revision to Policies

- Identify key stakeholders  
(examples: parents, students, teachers, principals, district office leaders, Univ. of MN Public Health, businesses, local public health, etc)
- Establish a timeline and milestones
- Environmental scan-present conditions  
(budgets, attitudes, knowledge)
- Project management-scope, implementation, review



# Nutrition Policy

- Vending machine changes
- Ala-carte option changes (serving size reduction)
- Missouri school district- Sponsor to offset revenue loss from shift to healthy fundraising options

# Physical Activity

- Energizers – Take 10 (integration)
- Actual cost of increased physical education time (staffing, space, and equipment)
- Staff as role models: Example: Employee Wellness Walking Program (American Heart Association START effort)

# Lion King Analogy



# Education

- Latin word, *educare*- to lead out from within
- Offer an implementation guide with ideas, tips, and resources
- Learning: Build background knowledge with core teams at specific sites (pilots). Impactful information versus stuff. Partners and resources.
- *If you build it they will come.  
Create a pull versus a push.*

# Inspiration

- You see things: and you say, “why”, But I dream of things that never were; and I say, “Why not?”

George Bernard Shaw

- Take both a balcony and dance floor view.  
(Ron Heifetz, Kennedy School of Government)
- **Opportunity** to make health related improvements to a child’s life.



# Thank You

Contact Information

Raymond Yu

Principal, Oak Grove Elementary

Bloomington Public Schools

[ryu@bloomington.k12.mn.us](mailto:ryu@bloomington.k12.mn.us)

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952-681-