



PTA Newsletter

June: Promoting Local Wellness Policy

What You Can Do To Promote Your Local Wellness Policy

Your school district is required by federal law to have a Local Wellness Policy. This policy must include goals for nutrition education and physical activity. It should address other school activities designed to promote student health. It is also required to address guidelines for all food and drinks available at school.

Children spend a majority of their day at school. They should be provided with an environment that promotes health, growth, development, and learning. Unfortunately, many schools are not aware of their district's Local Wellness Policy. Some schools are having trouble putting them into action.

With your support, Local Wellness Policies can ensure that students eat better and are more physically active while at school. Research shows that students who eat smart and move more on a regular basis score better on tests, have fewer behavior problems, and have fewer absences. You can help put Local Wellness Policies into practice.

- ◆ Find a copy of your Local Wellness Policy so you can see exactly what it says. It may be available on your district's website. If it is not, contact your school district to find out how to get a copy.
- ◆ Talk with your school administrators and staff about the policy to learn how it is being put into action at the school level.
- ◆ Work with your PTA to spread the word about the policy and ensure that it is being implemented at your school. Many parents do not know that a Local Wellness Policy exists.
- ◆ Attend school board meetings to discuss the Local Wellness Policy.
- ◆ Support efforts to carry out the Policy in your school.
- ◆ Find partners in the local community who can help your school and district implement the wellness policy.

For more information:

www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html
www.nutritionnc.com/ResourcesForSchools/index.htm
www.actionforhealthykids.org