

Help Your Child **SUCCEED**



Local Wellness Policies

Federal law now requires every school district to have a local wellness policy. These policies address nutrition education, physical activity, school meals and all other foods and drinks at school. Since foods and drinks are a part of every school day, local wellness policies can build healthy school environments that support successful students eating smart and moving more.

Family Involvement

Research shows that children and teens who eat smart and move more focus better and have fewer behavior problems. They also have improved math, reading, and writing test scores. Schools need your help and support to make them the best places for your child to learn and achieve academic success.

A good wellness policy should address:

- ◆ Nutrition education goals
- ◆ Physical activity/physical education goals
- ◆ All foods and drinks on school grounds (fundraisers, concessions, school stores, celebrations, food as a reward, vending)
- ◆ À la carte foods and beverages sold with school meals
- ◆ Meal time and environment
- ◆ Foods brought from home
- ◆ Plan for measuring implementation of the policy



What can I do?

Here are just some ways you can make a difference:



From Home



- ◆ Encourage and bring healthy options for classroom parties, classroom rewards, school celebrations, concessions, fundraising.
- ◆ Encourage your children to eat school meals.
- ◆ Send your child to school with healthier packed lunch options and snacks.
- ◆ Be a role model! Your children look up to you.

Time for a Check-up

- ◆ Visit the school to talk to the principal and school staff to see how far the wellness policy has been carried out.
- ◆ Find out what still needs to be done and how you or the local PTA can help.
- ◆ Check with your school board to see if the district wellness policy addresses physical activity and all aspects of food and drinks on school grounds.



Get on Board

- ◆ Is there a Wellness Committee or School Health Advisory Council (SHAC)? And how can you be involved?
- ◆ Work with your PTA to raise school wellness issues and to reach supportive school board members.
- ◆ Support and advocate for policy implementation.

Talk it Up

- ◆ Spread the word! Many parents may not know that a local wellness policy exists which applies to their child's school.
- ◆ Build support. Tell friends, coworkers and neighbors so that you can work together as a community.

**Local wellness policies are the key to your child's success!
Act now to support schools to help your children perform
their best.**

For more information on local wellness policy...

www.actionforhealthykids.org
www.nchealthyschools.org
www.nutritionnc.com
www.eatsmartmovemorenc.com

