



## PTA Newsletter July: Building Community Support

# Building Community Support for Local Wellness Policies

Children spend much of their day in school. So, it is important that schools are places that promote health as well as learning. Local Wellness Policies help make sure that students are physically active and get good nutrition while at school.

Making a Local Wellness Policy work means change. Change in any form is hard to do alone. Schools do not have the resources to make all the changes needed for our children's health. That's why community support is so important.

Our community is full of resources to help our schools act on the Local Wellness Policy. Getting community leaders and other local partners involved can give our schools the support they need to succeed. There are many ways to get the community involved.

- ◆ Start by getting people talking about the Local Wellness Policy and why it is important to make schools healthy places.
- ◆ Encourage all community members - parents, teachers, town officials, school administration - to talk to each other about the Local Wellness Policy.
- ◆ Ask community partners to provide healthy food or non-food related options for fundraising.
- ◆ Ask the local hospital and doctors' offices to provide free screenings or health education materials or personnel.
- ◆ Find out if community members have creative ideas for non-food fundraising items.

By getting the whole community on board, we can help our children to stay healthy and to succeed in school and in life.

### **For more information:**

[www.eatsmartmovemorenc.com/programs\\_tools/school/successful\\_students.html](http://www.eatsmartmovemorenc.com/programs_tools/school/successful_students.html)

[www.nutritionnc.com/ResourcesForSchools/index.htm](http://www.nutritionnc.com/ResourcesForSchools/index.htm)

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)