

Parent/Family Tip Sheet

Why get involved?

- Children and teenagers face many risks to their health which impact their ability to be successful learners.
- More than one in six children and adolescents are overweight and 79% of children ages 7-12 have a diet that needs improvement.
- Many experts believe that today's kids may be the first generation in American history to live shorter lives than their parents.
- School alone cannot be responsible for the health and well-being of children, but along with families and other partners in the community, they do play an important role.

What is the Pottstown School Districts Wellness Committee?

When the United States Department of Agriculture updated the Child Nutrition/School Meals Program in 2004, they required all districts to create a school wellness policy. The wellness policy must address:

- Goals for nutrition education, physical activity and wellness activities.
- Nutrition guidelines for all foods available on school grounds.
- Meeting requirements for reimbursable meals.
- Plans for measuring implementation, including naming a person responsible.
- Parent/student involvement (wellness committee).

How Parents Have Made a Difference on School Wellness Advisory Boards:

- Assisted with family surveys on school nutrition, physical education and physical activity opportunities.
- Advocated for recess, intramural sports, breakfast programs, and before/after school programs that promote healthy eating a physical activity.
- Talked with other parents about hearing their concerns.
- Linked wellness committee issues and activities with parent-teacher organizations.
- Found resources or funding for additional physical activity opportunities.