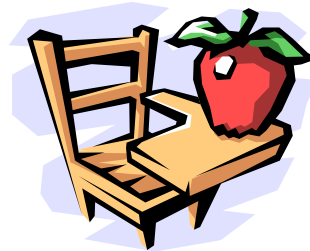


# Local School Wellness Policy: What Parents Should Know



In 2004, a law was passed that requires school districts to establish a local school wellness policy by the beginning of the 2006/2007 school year. This law recognizes the critical role that schools must play in helping to raise healthy kids. The policy requires school districts to:

- ✓ Create nutrition guidelines for all food sold on campus during the day, in efforts to promote health and reduce childhood obesity.
- ✓ Create goals for nutrition education and physical activity that promote student wellness.
- ✓ Create a plan for ensuring the policy is implemented.
- ✓ Include **parents**, students, school food service staff, school administrators, school board members, and public in creating the school wellness policy.

## Why This Is Important:

- ✓ Nearly **40 percent** of California children are not physically fit.
- ✓ Over the past 30 years, the childhood obesity rate has **more than doubled** for preschool children age 2-5 and youth age 12-19. It has **more than tripled** for children age 6-11.
- ✓ **62 percent** of parents surveyed nationally think that it is very or extremely important that schools have a wellness policy, but only **17 percent** of parents knew about the local wellness policy requirement.

## Actions for Parents:

- ✓ Show your support for the positive and healthy changes that the school district makes when the local wellness policy is adopted.
- ✓ Participate in the development, implementation, and monitoring of the policy.
- ✓ Tell your children and other parents why this policy is important.

Parents can have the biggest impact on our schools when it comes to student health. Now is the time to support our schools in improving their wellness practices and policies.

*"They shouldn't have snacks in the cafeteria line"*

*High School Parent*

*"Have physical education class three times a week instead of one class a week"*

*Elementary School Parent*

*"Have sufficient time to eat"*

*High School Parent*