

New Health Resources for PTAs

California School Boards Association releases two new health publications

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, will be especially helpful for school districts and school wellness councils. Newly updated data in the front section help make the case for the importance of nutrition and physical activity for the success of students.

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, will assist committee members as they evaluate the progress of the district regarding student and employee health and school climate.

Parents are a required member of health councils at the school district level. Has your district, council or unit PTA identified a parent to serve on the school district committee?



Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide:

www.csba.org/EducationIssues/EducationIssues/~/_media/87131E6EE396458688E40372F6414C12.ashx

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, 121 pages:

www.csba.org/EducationIssues/EducationIssues/~/_media/B08F65EE7C094A92AC3BD92279EA0A42.ashx

New National PTA “Health and Safety” webpage

The National PTA is in the process of updating its website. Go to www.pta.org, click on programs, then click on Health and Safety.

The healthy lifestyles section includes information on health at school, health in the home, and school wellness policies. There is information about obesity, its causes and the substantiation for improving school nutrition standards including competitive food sales, and physical activity to reduce obesity. Most importantly, the “what PTAs can do” page is filled with great suggestions for each of these topics:

- **Promote the new food guidelines.**
- **Encourage your school to participate in other national efforts to improve school nutrition.**
- **Go on a "fact-finding mission" around your school.**
- **Give your fund raisers and other PTA events a healthy makeover.**
- **Make the "healthy lifestyles" message part of everything your PTA does.**



National PTA is partnering with new agencies and some familiar to California: Action for Healthy Kids, the Dairy Council and Let’s Move. Materials from the Department of Agriculture and the Centers for Disease Control are included. *TogetherCounts* (www.togethercounts.com) is a resource for curriculum and programs at school and resources for parents and students to use in the home along with a community resources page. The *Kids’ Safe and Healthful Foods Project/ Promoting Safe & Healthy School Foods Now* is another PTA partnership with the Pew Charitable Trusts and the Robert Wood Foundation providing information on student nutrition.

Finally the **2013 National PTA Public Policy Agenda** presents the advocacy goals for the national organization. Pages 10-11 document the health objectives:

- **Maintenance of the improved nutritional standards for the National School Lunch and Breakfast Programs that went into effect in 2012.**
- **Release of the USDA rule on setting minimum nutrition standards for competitive foods.**
- **Release of the USDA rule on LWPs (Local Wellness Policies), providing guidelines for implementing policies, and technical assistance for LEAs, school food authorities, and state agencies.** www.pta.org/files/2013%20PublicPolicyAgendaFINAL.pdf