

Here is your School Wellness “checkup”:

Do you know your School Health Advisory Council? Contact your Principal to find out. Additionally, if your school's PTA has a Health and Nutrition Committee or Health and Wellness Committee, members from such a Committee may be asked to participate on your school's Health Advisory Council or as a Wellness Policy educator and/or facilitator. Be proactive! Offer to get involved! Speak with your Principal about the status of "wellness" in your school. Ask if your school has completed the School Health Index evaluation, provided by the CDC (Centers for Disease Control and Prevention), on their website. If no evaluation has been completed by your school, this is a logical first step toward achieving school wellness.

Have you read your District's Wellness Policy? Even if you have not been asked to participate as a member of your school's Health Advisory Council, it is important to familiarize yourself with every aspect of the Wellness Policy, as everyone involved in the school environment is subject to Wellness Policy Guidelines. Check with your local school district to get a copy of your district's Wellness Policy.

Are the PTA activities (fundraisers and events) at your school compliant with your District's Wellness Policy? PTA Local Units have a wonderful opportunity to lead by example and support School Wellness Policy by making a commitment to curtail activity that undermines the goals of promoting better nutrition and increased physical activity participation in schools. Educate your PTA Board and other committee members about compliance with the Wellness Policy, and set the best example.

For more specific information on how your PTA District, Council or Local Unit can effectively educate about and support Wellness Policy, please contact:
Kim Arasin, GAPTA Health and Wellness Chair arasin5@bellsouth.net and
Natalie Rogers, GAPTA Wellness Specialist fluffyjune@yahoo.com