

WHAT IS THE NORTHERN LEHIGH SCHOOL DISTRICT WELLNESS ADVISORY COUNCIL?

A Wellness Advisory Council is a team of school educators and administrators, parents, community members, and student leaders **working in partnership** to improve the health and well-being of students.

WACs are advisory groups that make recommendations on Wellness Advisory policies, programs and practices so that they reflect community concerns and values. They monitor a school's culture and environment to ensure that themes of health and wellness are consistently reinforced, and that the community is partnering in these efforts. A WAC might, for example, examine the beverages sold on the school campus or before-and-after school programming (giving students creative ways to get more physical activity) and how the local community is integrated in those programs.

The school environment is one of the most powerful influences in the lives of students, and can significantly help to create and promote healthy habits and behaviors. The Wellness Advisory Council helps ensure that your schools are consistently working toward the goal of providing a healthy school environment.

Childhood Nutrition Reauthorization Act of 2004 requires all school districts that receive reimbursement for school meals programs to have wellness policies related to nutrition and physical activity. For a copy of our Wellness Policy, please refer to the section 'ABOUT DISTRICT' on our home page. You will find policies linked to this section. **Student Wellness is Policy 246.**

Our Vision Statement:

NLSD is a committed and nurturing community taking responsibility everyday for positively impacting the physical, social, and academic well being of every child and challenging them to become extraordinary individuals empowered to change the world.

What does our Wellness Advisory Council do?

- **Advocates** for healthy behaviors and a healthy environment - for students & staff
- **Provides** a means for improving Wellness Advisory policies and programs.
- **Increases** parent and community involvement.
- **Links** schools with community health resources.

Who is part of our Wellness Advisory Council?

- School Administrators
- Teachers
- Parents
- School board member
- School nurses
- Food service director
- Interested community members

We always welcome guests or new members at our meetings. Please refer to the most recent meeting minutes. The next meeting date is the final item in the minutes. If you would like a meeting reminder, please contact the office of Lynne Fedorcha, Director of Curriculum and Instruction, by phone (610-767-9800 x2) or by email (ktschudy@nlsd.org).

What resources are available for the Wellness Advisory Council?

Pennsylvania Advocates for Nutrition and Activity (PANA) is a statewide coalition mobilizing communities to support schools in improving their environments and policies to support healthy eating and physical activity. PANA's three policy priorities focus on the quality of food and beverages sold in schools, the time provided for physical education classes and the quality of programs offered, and improving the safety of routes within one mile of a school for children to walk to school.

- PANA offers **programs and activities for schools and communities that build support for improving policies and practices related** to physical activity and healthy eating. Visit the PANA website at www.panaonline.org to find out more.
- PANA provides **materials** to help evaluate and improve the status of physical education and/or the quality of food and beverages at your school.
- PANA provides **training and "action-kits for change"** to teach you how to advocate for and implement policies that support healthy eating and physical activity in your schools.
- PANA **connects you to statewide network supporters** providing resources, expertise and complimentary programs, which support physical activity and good nutrition in your school. (Visit the PANA website at www.panaonline.org on the

home page and click the "Community" button for a list of contacts in your community.)

Additional Resources:

- *Promoting Healthy Youth, Schools, and Communities: A Guide to Community-Wellness Advisory Councils.*

To request a copy, write to: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Mail Stop K-32, 477 Buford Highway NE, Atlanta, Georgia 30341-3717

Or contact by phone (888) 231-6405 or email at cdcinfo@cdc.gov

- You will find links to Learning to be Healthy, Shape Up, What Moves U?, and Health eTools for Schools.