

## FACT SHEET

# WHAT IS POLICY?

## What is the Local School Wellness Policy (LSWP)

By the beginning of the 2006-2007 school year, schools participating in the National School Lunch or Breakfast Program were required to establish a local school wellness policy (LSWP) that set goals for:

- ❖ Nutrition education.
- ❖ Physical activity.
- ❖ All foods and beverages available on campus.
- ❖ School-based activities designed to promote student wellness.

## Why is the LSWP Important to Parents?

- ❖ Healthy, fit students do better in school, are more likely to attend school, and perform better academically. Strong LSWPs can improve the nutrition and physical activity environment in schools and improve student health and welfare both in the short and long term.
- ❖ The rates of overweight and inactivity in America's youth are rising.
- ❖ Schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. Youth spend the majority of their time in school.
- ❖ School environments should foster healthy eating and regular physical activity.
- ❖ Engaging parents in LSWP implementation and measuring the effectiveness of implementation is an important strategy to ensure strong LSWPs are implemented in schools.
- ❖ Parents bring a variety of experience and new perspectives to the school.



## What is Policy?

*A policy is a rule or set of rules that people must follow. Policies have the power to influence how you and others act. Policies can be set by government, schools, organizations, and other groups. In schools, school board members are responsible for adopting school policy. Once a practice is written into school policy, the school is then obligated to follow the policy.*