

Dear Parent/Guardian,

I am in charge of developing the new School Wellness Policy focusing on Nutrition and Physical Activity for the beginning of the 2006 school year. I would like to invite you to help lead the way by shaping what our school wellness will look like in the future.

With the academic school year beginning soon, we need to take the time to reflect on what impacts a child's academic performance. Take a closer look at our school health climate to see how it can be improved to support superior academics.

For example, let's think about physical activity. Did you know that many of our children cannot pass the fitness standards? Based on research¹, students who participate in physical activity programs at school experience better concentration, enhanced mathematic skills, improved reading and writing test scores and reduced disruptive behavior. Children also benefit physically, mentally, emotionally and socially from regular physical activity. So we might ask ourselves, how can we support our teachers and principals in making sure that our children are physically fit and ready to learn?

I am interested in your help to decide which nutrition and physical activity topics to address for our school environment. I hope I can count on your participation and will enjoy working with you.

Please contact me at () - , by 9/9/05, so we can begin to lead the way in shaping our school health.

In Partnership,

¹ <http://www.actionforhealthykids.org>