**Sample Letter to Parents/Families**

Dear Parents,

Did you know that children who are active and eat right are more likely to do better in school, feel good about themselves and live longer? It’s true.

We are working to create a healthier environment for our students. The (name of school) Wellness Policy Team encourages you to support our school wellness policy implementation. We are considering a variety of ways to offer healthy food choices throughout our school – in the school meal programs, vending machines, classroom celebrations and at school-sponsored events. We are also supporting nutrition education and physical activity. As these changes are introduced, we will keep you informed.

Our team meets monthly and we welcome anyone with an interest in student health to attend. Please stop by the Wellness booth at the School Open House on (date)to learn more.

In the meantime, you can help your children lead the healthiest lives possible by reinforcing healthy habits at home.

(Note: This is a great opportunity to send wellness information to families. Resources from the U.S. Department of Agriculture (USDA) can be downloaded at:http://teamnutrition.usda.gov/kids-pyramid.html (for 6-11 year olds) http://teamnutrition.usda.gov/Resources/nutritionessentials.html (for teens) Also, see the Resources section (pg. 71) for other links.)

If you have questions or comments, please feel free to call me at (phone number)or send an email to (email address).

Sincerely,

(name)

Principal or other school administrator in charge of the wellness policy