

What's the "buzz" about School Wellness?

- What is it?
- How does it affect my child?
- What can parents do?

Schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical activity. The role of the schools was formalized when Congress passed a law (P.L.108-265) that requires each school district participating in the National School Lunch and/or Break-fast Program to establish a local wellness policy by the beginning of the 2006-2007 school year. The new law requires schools to include parents in developing a wellness policy.

HERE IS AN OPPORTUNITY THAT YOU WON'T WANT TO PASS UP!

For a limited time, Barb Flis, Founder of Parent Action for Healthy Kids is available for a free 30-minute interactive presentation for parents about ways they can positively impact school wellness.

Call today and lead the way for parents to become school health champions.

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"You can't keep a child healthy who isn't educated and you can't educate a child who isn't healthy." -- **J. Elders**