



Support Wellness at School: Make a Difference

We Want Your Input and Participation

Join us in promoting a healthier school environment! Your involvement can make a big difference in our wellness program. Wellness policies guide nutrition, physical activity, and student well-being.

Here's how you can get involved:

- **Join School Meetings:**
- **Support Healthy Events:** Encourage participation in school wellness activities and events.
- **Be a Role Model:** Lead by example with healthy eating and active living, and provide healthy snacks for your child to bring to school.
- **Be an Advocate:** Share your ideas and support wellness initiatives at school.

Interested in getting involved?

Contact _____ or visit
how you can help make a difference.

for more details on



COLORADO
Department of Education
School Nutrition

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