



Wilson's Wellness Committee **NEEDS YOU!**



Do you have a strong commitment to...

Healthy school meals
Physical activity for students

Healthy fundraisers
The best possible health outcomes for all
Wilson District students

If you answered yes to any of the above, then you can help update the school wellness policy and put it into action!

Why do we have a Local Wellness Policy?

Wilson's Local Wellness Policy tells us how our schools are making the healthy choice, the easier choice for kids. This local wellness policy looks to promote student's health, well-being, and ability to learn by supporting nutrition education and physical activity. Additionally, school districts who participate in the National School Lunch Program are required to establish a wellness policy.

Wilson's Wellness Policy is implemented in the following key areas:

- Nutrition and Nutrition Education
- Physical Activity
- Community Health Promotion and Family Engagement
- Staff Wellness and Health Promotion



How can you help?

Join the Wilson Wellness Committee! The time commitment is minimal - meetings last one hour and happen every other month during the school year - but the impact on the health of students is huge!

To find out more or join an email distribution list, please contact:

Christina Muñoz
cmunoz623@arizona.edu | (602)827-8243

You can find the Local Wellness Policy by scanning this code with your camera phone!



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