# Newsletter Articles

The following examples of newsletters can be customized and then shared in a format that best suits the school which may be an email or other online format.

## Parent Newsletter

Healthy students are better prepared to learn and succeed in school. Students tend to have higher grades and better attendance when they eat school breakfast, avoid sugar-sweetened beverages, and eat fruits and vegetables every day. Physical activity is positively associated with academic achievement, behaviors, concentration, memory, self-esteem and verbal skills.

We are recruiting parents and community members to join our school wellness committee. The school wellness committee determines goals and action plans to set for nutrition education and promotion, physical activity and more. Let’s show students wellness is fun! It is easy to make a difference. Help us build a culture where students are supported to make healthy choices and be better learners.

To get involved and learn more:

1. Reach out to our school wellness leader [name] at [contact information].
2. Join our next committee meeting [details].
3. Read our updated school wellness policy [link].
4. Read our school wellness triennial assessment [link].

## Staff Newsletter

All school staff are invited to the next school wellness committee meeting on [date] at [time] at [location]. The school wellness committee promotes a healthy school environment by making wellness fun! Healthy school environments support student learning and behavior, and may improve:

* Academic performance
* Physical and mental health
* Attendance
* Positive behavior
* Community support
* Lifetime healthy habits

It takes an entire school community to build a culture of wellness and support students’ health and learning. YOU can help build a culture where students are supported to make healthy choices and be better learners. Join the wellness committee and make a difference! Contact [name], our school wellness leader, or check out our school wellness website [link].