



Englewood Schools

Belong and Thrive

Katie L Cossette, RDN, SNS  
Director of Nutrition Services  
4101 South Bannock Street  
Englewood, Colorado 80110

Dear Englewood Schools staff, parents, students and community members,

Childhood obesity is one of the most serious health epidemics facing America today. The American Medical Association now recognizes obesity as a disease. According to the U.S. Centers for Disease Control and Prevention, about one third of children and teens in the United States are overweight or obese. Childhood obesity is leading to a range of health problems that previously were not generally seen until adulthood, including high blood pressure, type II diabetes and elevated blood cholesterol levels. We believe we have a responsibility to improve the health and well-being of our children.

Experience shows that schools can be powerful places to make behavioral and environmental changes for students and staff. To make our school environment healthier, our district is forming a District Wellness Policy Committee. The purpose of the council is to bring together representatives from the school and community who can help us address issues facing the health and well-being of our children and youth.

Healthy students are better prepared to learn and succeed in school; therefore, our district is seeking teachers and staff to join the district wellness policy committee. The wellness committee will focus on developing and advancing the district wellness policy in order to create a healthier school environment focused on improving health and wellness outcomes for school children and staff. We are looking to recruit a diverse team made up of school and community stakeholders. If you are interested in serving on this committee please contact Katie L Cossette, RDN, SNS for additional information and to indicate your interest. Teachers and staff are a school's most valuable assets and we value your opinion which is why we are asking for you to volunteer to have a voice in shaping the school environment.

With gratitude,

**Katie L Cossette, RDN, SNS**

**Director of Nutrition Services**

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This institution is an equal opportunity employer.

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