

# Local Wellness Policy

Be A  
**School Wellness Champion**



## **PARKLAND SCHOOL DISTRICT Health and Wellness Council**

Healthy choices at school keeps our children ready to learn. The school wellness policy helps our school create an action plan for nutrition and physical activity at school. Parents can share their opinions and help make sure the policy is meeting the needs of our students.

Our wellness policy is available at:  
**[www.parklandsd.org/departments/student-services/health-services/health-wellness-council](http://www.parklandsd.org/departments/student-services/health-services/health-wellness-council)**