

# Local Wellness Policy Meeting

Be A  
**School Wellness Champion**



## Are you Interested in School Wellness?

The Sylvan Unified School District invites parents and members of the community to meetings about the school wellness policy. Having healthy choices at school helps keep our children healthy and ready to learn. The school wellness policy helps our school create an action plan for nutrition and physical activity at school. Parents, community members, and others are invited to share their opinions and help make sure the policy is meeting the needs of our students. The Sylvan Unified School District's Wellness Policy is available at: [sylvan.k12.ca.us](http://sylvan.k12.ca.us)

Parents or others who are unable to attend the meeting can email comments about the wellness policy or nutrition and physical activity to our Child Nutrition Director, Michael Maaske, [mmaaske@sylvan.k12.ca.us](mailto:mmaaske@sylvan.k12.ca.us)

We hope that you will join us!

This institution is an equal opportunity provider.