

# Join the Conversation

Laveen School  
Wellness Committee

## Laveen Elementary School District is re-establishing our School Wellness Committee and would like you to join!

Laveen Elementary School District believes that for students to have the opportunity achieve personal, academic, developmental, and social success, we need to create a positive, safe, and health-promoting learning environment at every level throughout the school year. This wellness committee will meet the Federal standards for a local school wellness policy as part of the Health, Hunger-Free Act of 2010. This committee will ensure the environments and opportunities available to all students will allow them to practice healthy eating, positive mental health behaviors, and physical activity throughout the school day.<sup>2</sup>

## What is a School Wellness Committee?

The school wellness committee will consist of health champions and advocates of the district to ensure that students have quality school health environments, programs and policies in place. This committee will also identify ways to strengthen current policies to improve the health of students and staff. The Wellness Committee will review our current local wellness policy, which includes goals for nutrition, physical activity, and more. We will also look to establish and implement new goals to improve the school wellness environment.

Nutrition

Physical Activity

Mental Health

Social Health

Student Success

- Better attention spans and better class participation
- Improved academic, behavioral, and emotional functions
- Improved math grades, lower absenteeism, and improved behavior
- Positive impact on academic achievement as well as on health outcomes of students
- Higher self-esteem and lower levels of anxiety and stress; impact cognitive skills
- Positive associations between recess and indicators of cognitive skills, attitudes, and academic behavior

Schools can provide excellent opportunities for students to learn about and practice healthy eating and physical activity behaviors.

### Did you know?

- 1 in 6 (16.1%) children and adolescents are overweight.<sup>1</sup>
- Almost 20% (14.7 million) of the nation's children and adolescents are obese.<sup>2</sup>
- 283,000 children and adolescents had diagnosed diabetes.<sup>3</sup>
- If we don't reverse this epidemic, the current generation of young people are projected to have a shorter lifespan than their parents.

The purpose of this committee is to bring together representatives from the school and district communities who can help address issues facing the health and well-being of our students.

As an administrator, teacher, manager, parent, or child health advocate, your input is particularly important. We would be honored to have you, your expertise, and your passion help bring to life the school wellness initiatives.

This committee will meet monthly. We are hoping to find people that have a passion for student's health and wellness and how that translates to academic achievement. Join the conversation and be a part of improving our schools! The schedule will be determined based on committee availability.

Please contact Katie Christopher if you are interested in joining this committee.  
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