



Academy of Accelerated Learning, Inc.

School Wellness Committee Invitation for Participation,

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 school is forming a School Wellness Committee. The purpose of the committee 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. The committee consists of parents, students, staff, administration, and community business partners.

Your input is particularly important, and we would be honored to have you as a School Wellness Committee member. We understand that your time is valuable and we want you to know we are committed to making changes in policies and programs that will positively affect the health of our students and school staff.

We will be examining and planning for changes in the classroom, cafeteria, playing fields and more. We are fortunate to have the support of the Healthy Schools Program through the Alliance for a Healthier Generation. The Alliance was founded by the American Heart Association and the Clinton Foundation, aimed at reducing the prevalence of childhood obesity. The Healthy Schools Program provides technical assistance, resources, and tools to help our school create a healthier environment for students and staff.

We anticipate holding meetings twice during the school year. These members will meet four times a year, the second Monday in August, November, February and May from 4:00-5:00PM at the district office to review the local school wellness policy for recommendations. If you have any questions, or want to know more about what sort of responsibilities you would have as a member, please contact Ms. Martha Bravo, Operations Manager mbravo@aalinc.org.

We hope you will accept our invitation and join us in taking action against the growing youth obesity epidemic.

Sincerely,

Brandon Chandler
Superintendent of Schools