WELLNESS COMMITTEE INVITATION

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.

As a member, your input is particularly important and we would be honored to have you as a District Wellness Council 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 all across the school campus.

Our next meeting will take place in February 2020 at TMS/THS Cafeteria at 3 p.m. We anticipate holding meetings every semester during the school year. If you have any questions, or want to know more about what sort of responsibilities you would have as a member, please contact me Patrick Mckernan at 785-985-3950 or by email at pmckernan@troyusd.org. We hope you will accept our invitation and join us in taking action against the growing youth obesity epidemic.

Sincerely,

Patrick McKernan

Superintendent