

Lemon Grove School District

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Weekly Wellness Tips

Dear Parents and Guardians,

We are excited to introduce a new section on our website for you, [Weekly Wellness Tips](#). This section is focused on Health and Wellness and will provide you with weekly tips to make good choices in nutrition and health to complement the work we do in our schools.

Thank you for promoting health and wellness with your children as we continue to make Lemon Grove School District the [#bestschoolistrictonearth](#).

Yours in Education,



Dr. Kimberly Berman
Superintendent