

# HEALTH & WELLNESS ADVISORY COUNCIL

SAN LORENZO UNIFIED SCHOOL DISTRICT



## WHAT?

The Council ensures District policies and practices promote and support a healthy environment in which students, staff and families live, learn and work



## WHY?

### **Better Health = Better Learners**

Involvement from District disciplines, parents, students and community is vital to improving the health and educational success of our students

## HOW?



Wellness is promoted through a collaboration which includes the following key areas: Child Nutrition, Health Education, Physical Activity & Education, Green Sustainable Practices and Mental & Social Emotional Health



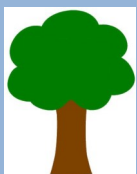
## ACTION PLAN

Increase nutrition education & improved Child Nutrition services

Improve physical fitness scores



Expand site-based therapy services



Revitalize school gardens & explore outside classroom opportunities

## Join Us!

Please support our efforts to create a healthier school environment by getting involved!

**March 21, 2019**

**3:30pm—5:00pm**

District Office

Ed Services Conference Room

Learn more about our Council at  
[www.slzUSD.org](http://www.slzUSD.org)

This institution is an equal opportunity employer