**Template Letter to Parents**

[Date]

Dear [parent name],

I’m thrilled to inform you that your child’s school has been named to the 2018 list of America’s Healthiest Schools by the Alliance for a Healthier Generation!

[School name] has been working with Healthier Generation’s Healthy Schools Program to improve our policies and practices that affect student health. Some of the changes that we’ve made at [school name] include: [Provide tangible examples of what school has done to become healthier.]

Why are we focusing on health? A healthy school is vital to preparing students for success. Because children spend most of their time at school, schools can be part of the solution by providing healthy food and physical activity opportunities, which positively affect students’ academic and lifelong success. Studies show that healthy students perform better on tests, get better grades, attend school more often and behave better in class.

We chose to work with the Alliance for a Healthier Generation because their Healthy Schools Program uses an evidence-based framework to create sustainable healthy changes in the school environment that benefit students and staff.

To ensure that these changes are long-lasting, we need your help! Parents are an important part of our school community and we invite you to be part of the healthy changes we’re making by:

* Joining the PTA and organizing a healthy fundraiser
* Attending a wellness council meeting, or considering joining the council
* Sending a healthy snack to school that complies with our school wellness policy
* Serving healthy meals at home that reinforce what our school nutrition program is teaching students about how to eat healthfully
* Being a healthy role model for your child by making time to be physically active, drinking plenty of water, and choosing healthy options for meals and snacks
* Telling us how you’d like to be involved!

Thank you for your supporting in continuing to make [School name] one of America’s Healthiest Schools! We’d love to see you at our next wellness council meeting at [Date/Time] in [Location].

Sincerely,

[Name, title, school]