

## Sample Invitation for School Wellness Council Members

Dear **(Title, Name)**,

Childhood obesity is one of the most serious health epidemics facing America today. According to the US Centers for Disease Control and Prevention, about 16% of all children and teens in the US are overweight. Childhood obesity is leading to a range of health problems in our youth that previously weren't 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 initiate behavioral and environmental changes for students and staff. To make our school environment healthier, our school is forming a School Wellness Council.

The purpose of the council is to bring together representatives from the school community who can help address issues facing the health and well-being of our children. As a **(designate particular background)**, your input is particularly important, and we would be honored to have you as a School Wellness Council member.

We understand that your time is valuable and we want you to know we are committed to making positive changes in policies and programs that affect the health of our students and staff. We'll be examining and planning for changes in the classroom, cafeteria, playing fields and more. We're fortunate to have the support of a Relationship Manager from the Healthy Schools Program of the Alliance for a Healthier Generation. The Alliance was founded by the American Heart Association and the William J. Clinton Foundation, and is aimed at reducing the prevalence of childhood obesity.

Our first meeting will take place on **(date)** at **(location)** from **(time to time)**. We anticipate holding meetings every 4-6 weeks during the school year. If you have any questions, or want to know more about what sort of responsibilities you will have as a member, please call **(contact information here)**. We hope you will accept our invitation and join us in taking action against the growing youth obesity epidemic.

Sincerely,  
**(school superintendent)**  
**(other community organizer)**