



Building Healthy Communities Elementary School Program

Dear Families:

Great news! This year, our school district was selected to participate in the Building Healthy Communities program, an initiative that is helping us make our school a healthier place! Creating a healthy school for our students is important because we know that healthy students are better learners.

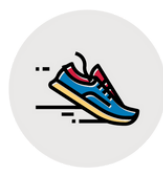
Children who attend schools that implement the Building Healthy Communities program demonstrate significant:



**Reductions
in childhood
obesity**



**Improved
academic
achievement**



**Increased
physical
activity**



**Healthier
Eating**



**Improvements in
school health
environments**

The Building Healthy Communities program utilizes five core components that teach our community about wellness and integrates physical activity and healthy eating opportunities throughout the school day. Our school will receive lots of great resources to support the effort – including PE equipment and a stocked recess cart, nutrition education materials, supplemental opportunities, and training for our staff.



There are some simple things that YOU can do to support this initiative:

- Ask about what they're learning, and how they're using the new equipment during PE and recess!
- Look for healthy tips and resources that we'll periodically send home - these help to reinforce what the children are learning at school.
- You can also access a virtual library of Healthy@Home resources on bhcwsu.org.
- Encourage healthy choices at home too! We'll give you easy suggestions for this throughout the year but start with trying a new veggie or going for a walk after dinner.

We look forward to a year focused on healthier and happier students!

Building Healthy Communities is made possible by a partnership between Wayne State University, Blue Cross Blue Shield of Michigan, the Michigan Health Endowment Fund, United Dairy Industry of Michigan, and Michigan Fitness Foundation.