



Dear School Wellness Representative,

Healthier Middle Schools: Everyone Can Help is a series of communication tools designed to help you engage teachers, principals, parents, food service managers, and students in school wellness efforts. To support healthy food choices and physical activity at your school, a school-wide coordinated approach works best. The U.S. Department of Agriculture's Food and Nutrition Service is providing these resources under its Team Nutrition initiative to help you bring everyone together to promote student wellness and prevent childhood obesity.

Healthier Middle Schools: Everyone Can Help includes an audience-tested video and a print handout for teachers, principals, parents, food service managers, and students. Focus groups across the country informed the development of these tools—so they reflect what the various audiences found to be motivational and realistic.

Here are some suggestions on how to use the materials:

- **Generate a team spirit.** Let everyone know that this is a school-wide effort by sharing the communication tools with each audience in a coordinated manner.
- **Capture their attention with video.** Print materials that are placed in a teacher's mailbox or sent home to parents are more likely to get lost in the shuffle. Show a video at staff training, back-to-school night, or a student government meeting. Then, give the print handout as a reminder of where to go for more information.
- **Acknowledge current efforts.** Recognize that your school may have already started making some changes to help kids eat healthier and be more physically active. Take a few minutes to learn about and praise these efforts.
- **Involve students.** Invite student government or another leadership organization to make this a project or have students apply to be part of a special advisory council on wellness.

These communication tools serve as a first step to engage others in school wellness efforts. To order additional handouts and view other supporting resources, visit teamnutrition.usda.gov.

Sincerely,

Your Friends at Team Nutrition



United States
Department of
Agriculture

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