**Sample Invitation – Targeted Individual**

Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

Childhood obesity is one of the most serious health epidemics facing America today. The American Medical Association now recognizes obesity as a disease. According to the U.S. Centers for Disease Control and Prevention, about one third of children and teens in the United States are overweight or obese. Childhood obesity is leading to a range of health problems that previously were not 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 make behavioral and environmental changes for students and staff. To make our school environment healthier, our district is forming a District Wellness Policy Committee. The purpose of the council is to bring together representatives from the school and community who can help us address issues facing the health and well-being of our children and youth.

As a (designate particular role or background), your input is particularly important and we would be honored to have you as a District Wellness Council member. We understand that your time is valuable and we want you to know we are committed to making changes in policies and programs that will positively affect the health of our students and school staff. We will be examining and planning for changes all across the school campus.

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

Sincerely,

(Title)

**Sample Invitation – General Public**

USD (###) – (District Name) is seeking community members and parents to serve on the district wellness policy committee. We recognize that healthy students are better prepared to learn and succeed in school. The wellness committee will focus on developing and advancing the district wellness policy in order to create a healthier school environment focused on improving health and wellness outcomes for school children and staff. If you or someone you know is interested please contact (insert name and contact information) for additional information and to indicate your interest in serving on the committee.

**Sample Invitation –School Staff**

Healthy students are better prepared to learn and succeed in school; therefore, our district is seeking teachers and staff to join the district wellness policy committee. The wellness committee will focus on developing and advancing the district wellness policy in order to create a healthier school environment focused on improving health and wellness outcomes for school children and staff. We are looking to recruit a diverse team made up of school and community stakeholders. If you are interested in serving on this committee please contact (insert name and contact information) for additional information and to indicate your interest. Teachers and staff are a school’s most valuable assets and we value your opinion which is why we are asking for you to volunteer to have a voice in shaping the school environment.