



Be a School Wellness Champion!

Better Health=Better Learners

Families, we need your help to make
our school healthier!

Four Ways Families can Help:

Join the school wellness committee.

The wellness committee meets twice a year and works on projects to help make our school healthier. You do not need any special training to be on the committee, just an interest in keeping our school healthy!

Read the school wellness policy.

- <https://tsba.net/dyersburg-board-of-education-policy-manual/#board-operations>
- For questions or more information, contact: Monica Sharp at (731) 286-3600

Support classroom and school events.

Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations.

Rate our school wellness.

Share how our school is doing in promoting good nutrition and physical activity. Comments can be sent to Monica Sharp at msharp@dyersburgcityschools.org

What is in our school wellness policy?

- Nutrition education and promotion
- Physical activity
- Other wellness activities (i.e. bike/walk to school)
- Nutrition standards for lunch purchases
- Foods and drinks given for school celebrations
- Food and beverage marketing

We look forward to working with you to ensure our schools continue to be a healthy place that supports growth and learning!