

Parents for Healthy Kids Workshop

Creating Healthy Schools in District 51: What Parents Need to Know

Kids who eat better and move more have fewer absences, higher academic achievement, and are more likely to graduate from high school. Join us to learn how parents and families can work together with school leaders, district staff and community partners to create a healthy school food and physical activity culture in District 51.

- Learn how District 51 is bringing fresher, less processed meals to your students.
- Hear how the district is integrating physical and health education, and how you can get involved.
- Learn how to promote healthy eating and physical activity at your school.
- Get your questions answered by Dan Sharp, Director of D51 Food & Nutrition Services and Ayme Zortman, D51 Wellness Coordinator.
- Network with other parents and learn about resources to help you advance your school wellness goals.
- Enjoy a complimentary D51 salad bar and scratch-prepared lunch!

When & Where

Saturday, April 14, 2018
8:30 am – 12 noon

Check-in: 8:15 am

Bookcliff Middle School
540 29 1/4 Road
Grand Junction, CO 81504



For: Interested parents, caregivers and community members in District 51

Hosted by: Action for Healthy Kids, Colorado PTA and Mesa County Valley School District 51

Presented in: English with interpretation into Spanish available on request

Cost: FREE - **Complimentary lunch included**

A limited number of childcare stipends and mileage reimbursements are available for parents to attend. Inquire at registration.

Registration is required. Register online at:

ActionforHealthyKids.org/D51-Parent-Workshop

Or RSVP to Erin Kobler, 970.420.0751 or ekobler@actionforhealthykids.org

