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

Children spend a lot of time at school, SO, it is important that they learn how to make healthy choices. Our school wellness policy is a critical part of this puzzle. How can you help? Parents can help update the school wellness policy and help our students put it into practice at school and at home!

Join the school wellness committee.

The wellness committee meets to work on projects to help make our school healthier. No special training is needed, just a commitment to children's health. If you are interested in joining our team, please call 269-849-1343 for more information.

Read the school wellness policy.

It can be found on our website at www.riversidehagar.org or you can get a printed copy of the policy at school.

Support our goals

Keep our wellness policy in mind when sending treats for the classroom. There are lots of non-food items or healthy treats for students to share with classmates on those special occasions.

Reinforce our goals at home.

Be a role model for your children at home. Eat healthy, exercise as a family and include everyone.

What is in our school wellness policy?

- Nutrition education and promotion
- Physical activity
- Other wellness activates
- Nutrition standards for school meals

Call us for more information, we would love to have you on our TEAM!

269-849-1343