

San Diego Unified School District supports Wellness!

Our New District Wellness Program



Easy ways parents & families can get involved:

1. Read our *District Wellness Policy & Framework for Wellness* on the district website
<https://www.sandiegounified.org/health-and-wellness>

2. Join us on Facebook: [San Diego Unified Wellness Program](#)

3. Offer your school principal support with the school's 2017 School Wellness Projects!

4. Encourage healthy celebrations and healthy fundraisers at school

5. Participate in our District Wellness Council!
We will be hosting quarterly Family & Community Wellness Meetings:
please contact kmcdevitt@sandi.net to request details.

6. Donate to our new *District Wellness Program* and help our local schools with their 2017 wellness projects! Please contact kmcdevitt@sandi.net for details.

Questions? Contact *District Wellness Program Supervisor* Kate McDevitt at kmcdevitt@sandi.net