



Rio School District's Local School Wellness Committee aims to establish goals for and oversee school health and safety policies and programs. A healthy school environment supports student learning and wellbeing. The school wellness policy helps our school create an action plan for nutrition education, nutrition promotion, and physical activity at school. At our wellness policy meetings, people are invited to share opinions and help make sure the policy is meeting the needs of our students. Rio School District has a School Wellness Committee that welcomes parents/guardians, teachers, students, administrators, health professionals, school food services staff, board members and members of the community's valuable input.

Our current wellness policy is available by visiting:

<https://rioschools.org/wp-content/uploads/2018/03/Board-Approved-Wellness-Policy-BP5030.pdf>

We want to hear from you! Please complete this quick survey. Thank you for your time and input!

1. What school wellness topics are you most interested in? Please select your top 3 choices.
 1. School Meals
 2. Competitive Foods and Beverages
 3. Celebrations and Rewards
 4. Fundraising
 5. Nutrition Promotion
 6. Nutrition Education
 7. Food and Beverage Marketing in Schools
 8. Physical Activity
 9. Other Activities that Promote Student Wellness
 10. Community Partnerships
 11. Professional Learning
 12. Other (please explain):

2. What do you think the School Wellness Committee should focus on this upcoming school year? What changes would you like to see in the Rio School District (in regards to wellness)?

3. What questions do you have for the School Wellness Committee?

4. Do you prefer virtual meetings or in-person meetings?
 1. Virtual
 2. In-person
 3. Either

5. What day(s) are you available to attend School Wellness Committee meetings?
 1. Monday
 2. Tuesday
 3. Wednesday
 4. Thursday
 5. Friday

6. What time(s) are you available to attend School Wellness Committee meetings?
 1. Mornings
 2. Afternoons
 3. Early Evenings

7. Do you know someone who would be interested in being a part of Rio School District's School Wellness Committee? If so, please add their full name, phone number, and email address below and we will be in contact.

This institution is an equal opportunity provider.