



## Public Notice: Participation in our Local School Wellness Policy

### Your Voice Matters: Help Shape a Healthier School Environment!

SOWIC is committed to the health and wellbeing of our students. We invite all families, students, staff, and community members to participate in the development, review, update, and implementation of our Local School Wellness Policy.

Here is how you can get involved and stay informed:

- **Join the Wellness Committee:** We are looking for diverse perspectives to join our advisory group. The committee meets each semester to review our progress and suggest improvements to school nutrition and physical activity.
- **Public Meetings:** Wellness Policy updates are discussed during SOWIC Board of Education Meetings which are open to the public.
- **Online Access:** You can view the current Local School Wellness Policy and the most recent "Triennial Assessment" (progress report) at any time on our district website at [www.sowic.org](http://www.sowic.org)
- **Provide Feedback:** We welcome your comments year-round. If you have suggestions or would like to join the committee, please contact Dr. Tiffany Frey at 815-741-7777.

By working together, we can ensure our schools provide a healthy environment that supports student success!