
ALL SAINTS' EPISCOPAL DAY SCHOOL

Nutrition and Wellness Council Members

Joan Pennstrom
Headmaster

Michelle Benson
*Director of After School
and Summer Programs*

Dr. Jimena Burnett
Parent representative

Claire Copeland
*P.E. Teacher/Athletics
Coordinator*

Angela Lorenz
Parent representative

Ann Mullins
1st Grade Teacher

Marilyn Tatum
Parent Guild President

Emily Tinsley
5th Grade Teacher

Cortnie Turnberger
Sodexo Food Services

Belle Zeigler
Director of Development

March 9, 2009

Dear Parents,

In April of last year we established our **Nutrition and Wellness Plan and Council**. Your tremendous support of this effort has been remarkable. As always, it is with the participation of our parents that we are able to successfully implement new ideas to improve our school and thus the lives of all of our students, faculty, and staff. We have experienced many positive changes on our campus through the wonderfully creative ideas that have come from parents, teachers, and students!

Now that we are fully settled into the new facilities, we are able to offer many more opportunities for wellness. The gym and cafeteria areas are being used all the time for these purposes. The new lunch program, Crusaders' Café, continues to grow with more and more children enjoying nutritious meals in a spacious environment every day. Basketball season has been a huge success with the Green and White teams practicing and competing every week for the last month and a half. We are excited that volleyball will be the next sport we offer.

Please look for more updates on our weekly **e-news** and on our website. The All Saints' Nutrition and Wellness guidelines are on the website. Additionally, the lunch menus and other website links are available at www.allsaintsepiscopaldayschool.com. Please review the Statement of Purpose and a few of the Nutrition and Wellness guidelines provided on the back of this letter. Our teachers and staff appreciate your continued support of this important aspect of life at All Saints'.

Please feel welcome to contact any of our Council members to share your suggestions and ideas. Thank you again for your participation.