



Russell Independent Schools

908 Powell Lane
Flatwoods, Kentucky 41139
(606) 836-9679

Dr. M. SEAN HORNE
Superintendent

September 2, 2022

Dear Parent, Guardian or Community Member,

Childhood obesity is one of the most serious health epidemics facing America today. The American Medical Association now recognizes obesity as a disease. According to the U.S. Centers for Disease Control and Prevention, about one third of children and teens in the United States are overweight or obese. Childhood obesity is leading to a range of health problems that previously were not generally seen until adulthood, including high blood pressure, type II diabetes and elevated blood cholesterol levels. We believe we have a responsibility to assist you in improving the health and well-being of our children.

Experience shows that schools can be powerful places to make behavioral and environmental changes for students and staff. To make our school environment healthier, our District and each school has formed Wellness Committee. The purpose of the committee is to bring together representatives from the school and community who can help us address issues facing the health and well-being of our children and youth.

Parent and community input is particularly important. We will be examining and planning for changes in the classroom, cafeteria, playing fields and more. We are fortunate to have the support of the Healthy Schools Program through the Alliance for a Healthier Generation. The Alliance was founded by the American Heart Association and the Clinton Foundation, aimed at reducing the prevalence of childhood obesity. The Healthy Schools Program provides technical assistance, resources, and tools to help our school create a healthier environment for students and staff.

If you are interested in becoming a member of the District team or the school team, please contact Dennis Chambers via e-mail at dennis.chambers@russellind.kyschools.us, or phone (606) 836-9679.

Sincerely,

Dennis C. Chambers, CPA
Finance and Food Services Director