



LM Wellness Committee is looking for parent and student members.

LM believes that student wellness and proper nutrition are related to the students' physical well-being, growth, development and readiness to learn. LM is committed to providing a school environment that promotes student wellness, spiritual growth, proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

One way that LM carries this out is through our Wellness Committee. The Wellness Committee meets quarterly to develop ways to promote wellness and nutrition in our community. Some current projects include creating a monthly Nutrition Newsletter, providing tasting samples of featured food items during lunch, and creating recipe cards for families to use with the elementary garden.

Our next meeting is scheduled for Tuesday, November 21 from 7:15 am - 8:00 am in the Rutt Building Conference Room.

If you or your student are interested in serving on this committee, or would like more information, please contact Lorri Hengst at hengstlk@lancastermennonite.org.