

Letters to the Editor

Writing a letter to the editor (LTE) is another great way to encourage and promote healthy eating and plenty of exercise in Kansas schools by starting community dialogue around how school leaders and parents can best partner for success. Here are a few tips and a sample letter to get you started.

LTE Tips and Tricks

- Before you start, visit the newspaper's website for specific directions for submission.
- Keep the letter short. LTEs should be no more than 150 words, though some publications may have their own guidelines on length.
- Start by clearly stating the purpose of the letter: to make sure Kansas schools encourage healthy habits and lifelong wellness.
- Include a fact or two to support your stance. You can find some right here on our [Facts Page](#).
- Or make your letter personal. If you have a story related to healthy lifestyles for kids – for example, how school breakfast has helped your own child – consider sharing it.

Sample LTE

Dear Editor,

Kansas schools have a tremendous opportunity to promote healthy eating and physical activity during school hours. Far from taking time from learning, these healthy habits actually help kids succeed in school.

Studies show that kids who eat breakfast and participate in regular physical activity are more likely to pay attention in class and comprehend lessons. In fact, kids who eat breakfast every morning score an average 17.5 percent higher on standardized math tests.¹

I am writing to urge others to take action to improve health and wellness in our communities and schools across Kansas. Let's work together – as parents and school leaders who care – to ensure our kids succeed in and out of the classroom.

Please visit Team up for Kansas Kids and take the pledge today to support healthy schools in our state.

Sincerely,
Your Name

¹ [The Learning Connection: What You Need to Know to Ensure Your Kids are Healthy and Ready to Learn](#). Action for Healthy Kids; 2013.