**How to use this email:**

Copy and paste the pre-written email below and send it to your faculty. Motivating your school community to be healthy and active can have a long-lasting impact on both your students and your school.

**WELCOME BACK!**

We’ve been busy speaking with educators, nutritionists, and physical education experts about how to best empower children to make healthy decisions that foster healthy habits throughout their lives. Discovery Education and the Healthy Weight Commitment Foundation are thrilled to announce updates to our free, standards-aligned [Together Counts™ curriculum](http://www.togethercounts.com/at-school/teachers?utm_source=DiscoveryEducation&utm_medium=Email&utm_campaign=BTS2016).

Wellness is more than just being healthy and active. It’s the process of becoming aware of and making choices that foster healthy habits towards a healthy and fulfilling life. The lessons explore these themes across three modules, each consisting of lesson plans, home extensions, and more!

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