



# DERBY PUBLIC SCHOOLS

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**Dr. Matthew J. Conway, Jr.**  
*Superintendent of Schools*

October 13, 2015

Dear Parent or Guardian,

Our school district is excited to continue its partnership with VITAHLS, the **Valley Initiative to Advance Health & Learning in Schools**. This group brings together the Yale-Griffin Prevention Research Center (PRC), Griffin Hospital, and school districts in Ansonia, Derby, Seymour, and Shelton. Community partners include the Valley YMCA, Massaro Community Farm, the Naugatuck Valley Health District, and Shoprite.

With this partnership, the PRC has helped bring nutrition and physical activity programs to our students. Over the next few years, the PRC will expand its work to provide programs in our local community. They will offer cooking classes for parents and children and health promotion tips for worksites and local faith-based organizations.

This is where **they need your help!** To create these new programs they first need to collect information on the health of Valley residents. They would like to invite a **small group of 4<sup>th</sup>, 6<sup>th</sup>, and 8<sup>th</sup> grade** students and parents from each VITAHLS school district to provide some basic health information. This is the first step in them being able to create new and exciting health programs for the Valley.

The attached flyer has more information about this special invitation. All health information collected by the PRC will be kept private and will only be used by the PRC. **Participation is 100% voluntary, and is not connected in any way to your child's class grades.**

**If you decide to take part, the PRC will provide the following as a thank you for your time:**

- A delicious and healthy meal on the day of your visit
- Personal nutrition tips based on your survey results
- One **\$50 gift card** for each child/parent pair

Your participation in this project will help provide important health programs to Valley families in the future. To learn more about the PRC and VITAHLS please visit <http://www.yalegriffinprc.org/> or contact Gina Smith, VITAHLS Coordinator, at (203) 732-1265, extension 305.

Sincerely,

Dr. Matthew J. Conway, Jr.  
Superintendent of Schools