

# Healthy Eating and Physical Activity at Our Program

## A Message to Families

Date: 3/26/2015

Dear: RSU 20 Families,

Our school believes that all students deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory and mood and help students become better learners. Our school participates in *Let's Go! 5-2-1-0* Goes to School, a community program that is helping us make our school a healthier place. We are pleased to share with you that our school supports the 5-2-1-0 Every Day message, which states the following:

**5** or more fruits & vegetables  
**2** hours or less recreational screen time\*  
**1** hour or more of physical activity  
**0** sugary drinks, more water

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

To further support healthy students, staff and families, our school follows the five *Let's Go!* healthy practices.

1. We limit unhealthy choices for snacks and celebrations and promote healthy choices instead.
2. We limit or eliminate sugary drinks and provide water instead.
3. We do not reward students with food.
4. We provide opportunities for students to get physical activity every day.
5. We limit recreational screen time.

These practices are promoted in our community and help ensure a healthy environment for students throughout the school day. If you have any questions please don't hesitate to contact us. If you would like more information about *Let's Go!*, visit [www.letsgo.org](http://www.letsgo.org). Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,

Linda Hartkopf  
RSU 20 School Health Coordinator

