

Healthy Eating and Physical Activity at Our School Message to Families

Date: 10/15/20

Dear: Stratton School Families

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners. 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 of **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 support healthy students, staff, and families, we participate in Let's Go! 5-2-1-0 Goes to School. As part of this program, we promote and follow the Let's Go! five healthy strategies below, which support the 5-2-1-0 behaviors:

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

These strategies and the 5-2-1-0 message are promoted at other Let's Go! schools, child care programs, out-of-school programs, and health care practices in our community and throughout Maine. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information, visit LetsGo.org. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,



The 5210 Team at Stratton School

