

# A MESSAGE TO FAMILIES

## HEALTHY EATING AND PHYSICAL ACTIVITY AT OUR SCHOOL

Date: 3/7/2019

Dear: FMES 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:



To further support healthy students, staff, and families, we participate in *Healthy Together* 5-2-1-0 Goes to School. As part of this program, we promote and follow the *Healthy Together* five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward children with food.
4. We provide opportunities for children 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 *Healthy Together* schools, child care programs, out-of-school programs, and health care practices in our community. 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 about *Healthy Together*, visit [CarolinashHealthCare.org/HealthyTogether](http://CarolinashHealthCare.org/HealthyTogether). Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,



[CarolinashHealthCare.org/HealthyTogether](http://CarolinashHealthCare.org/HealthyTogether)