



Date:

Dear Families:

Do you know healthy kids do better in school? There are many things you can do to help your child be healthy. When your child sees you make healthy choices they will want to do the same.

We support a program called **Ready, Set, Go 5210**. It lists four healthy choices we all can make:

5

Eat at least **5** servings of fruits and vegetables every day. When children see you eat healthy foods they will want to eat them too.

2

Spend **2** hours or less each day on screen time. (Children under the age of two should have **0** screen time.) Instead, play outside or read with your child. Children who spend less time in front of a screen do better in school. Keep TV/computers out of bedrooms to help your child be ready for school.

1

Exercise at least **1** hour every day! Run, jump, ride a bike or go for a walk. Children who exercise every day do better in at school.

0

The number **0** shows how many sugary drinks we should have. (Soda pop, sports drinks, juice, juice drinks, etc.) Drink low-fat milk or water when you are thirsty. (Children between 12 months and 2 years of age should drink whole milk.) Water is a great choice between meals and it's easy to take on trips away from home.

We will send more ideas home about how to make healthy choices. Please share with us things your family does to stay healthy so we can share them with other families.

We want to work with you to help your child be ready to start kindergarten. Remember, healthy kids do better in school.