



Fall 2008

Dear Principals, Teachers & Staff,

You can provide your teachers with a fun, easy, and effective way to meet your school wellness policy requirements for nutrition education and physical activity with the *Network for a Healthy California—Children's Power Play! Campaign*. This year the *Children's Power Play! Campaign* has partnered with the Kid Healthy—Steps To Healthy Living campaign to provide your teachers with a variety of resources at **no out-of-pocket cost!**

The *Children's Power Play! Campaign* receives funds from the USDA Food Stamp Program to help improve the nutritional health of low-income children. The Kid Healthy—Steps To Healthy Living campaign receives funds and partnership from various organizations, such as Kaiser Permanente and ABC7. Through these funding and partnerships, we're able to provide schools like yours with a variety of resources at no out-of-pocket cost. All that's required is a commitment to use the materials in your school and to provide a one-page participation report from each teacher to help us demonstrate our impact with the USDA and various partners.

The *Children's Power Play! Campaign* provides high-quality, research-based nutrition education materials designed to help fourth- and fifth-grade students develop healthy behaviors. The *Campaign's School Idea & Resource Kits* and *Power Up for Learning* physical activity supplement are filled with activities that encourage students to eat the recommended amount of fruits and vegetables and enjoy 60 minutes of physical activity every day. The lessons are:

- laid out in an easy-to-use format;
- linked to California Content Standards in Mathematics, English/Language Arts, and Physical Education;
- designed to support National Health Education Standards;
- developed and evaluated by a trusted source—the California Department of Public Health; and
- easy to integrate into your current curriculum.

To promote increased physical activity, the Kid Healthy—Steps To Healthy Living campaign provides pedometers, step logs and classroom posters to each fourth- and fifth-grade student & teacher, of registered *Children's Power Play Campaign* classrooms. The Kid Healthy—Steps To Healthy Living campaign will also be airing local media coverage of the campaign and public service announcements during the months of March and April on ABC7.

At your convenience, I would like to meet with you briefly to tell you more about the *Children's Power Play! Campaign* and Kid Healthy—Steps To Healthy Living campaign. Or, if you are ready to get started, I would be glad to schedule a training for your fourth- and fifth-grade teaching staff. In the meantime, please feel free to contact me if you have any questions.

Sincerely,

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