



Mark Your Calendars for an End of the Year Celebration!

April 7, 2013

Dear Parents,

Moscow Middle School has been a participant in the Fuel Up to Play 60 national grant program, an in-school nutrition and physical activity program launched by National Dairy Council (NDC) and National Football League, in collaboration with the United States Department of Agriculture (USDA). The program, which had more than 60,000 schools enrolled in its first year, encourages youth to consume nutrient-rich foods (low-fat and fat-free dairy foods, fruits, vegetables and whole grains) and achieve at least 60 minutes of physical activity every day.

Fuel Up to Play 60 is designed to engage and empower youth to take action for their own health by implementing long-term, positive changes for themselves and their schools. Customizable and non-prescriptive program components are grounded in research and include tools and resources, in-school promotional materials, a website, youth challenges and rewards. This year we have introduced healthy smoothies to the breakfast program and have purchased new equipment for the lunchtime activity zones. We are continuing to work on various projects to improve our school health and physical activity environment. (www.fueluptoplay60.com)

As part of Fuel Up to Play 60 grant program, we are hosting our first annual **Fuel Up to Play 60 Family Activity Night on Wednesday, May 1st from 5:30-7:00pm.**

This is a FREE event for students and their families. The purpose of our event is:

- 1) Promote and connect families and students with the community activity options available in Moscow, especially those over the summer. Make your plans to be active over the summer!
- 2) Have students and families participate in Nutrition Stations to promote healthy eating, and
- 3) Have students and families participate in Physical Activity Stations and have students share what they have learned in physical education over the year and have enjoy being active together!

Your participation will help us meet our goal of making Moscow Middle School a healthier environment for students. If you are interested in helping with this event, please contact us. Mark your calendars now and get ready to have some fun. See you May 1st!

Sincerely,

Jessica Shawley, Gen Fealy, and John Thill
Fuel Up to Play 60 Program Advisors
Moscow Middle School Physical Education
Questions? Contact us: 208-882-3577
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See other side for
event details!

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