



MOSCOW
MIDDLE SCHOOL

February 3, 2013

Dear Community Member,

I am writing on behalf of Moscow Middle School to tell you about our participation in Fuel Up to Play 60, 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.

As part of Fuel Up to Play 60, we are working on planning our first annual **Fuel Up to Play 60 Family Activity Night that will occur Wednesday, May 1st from 5:30-7:00pm.** We're excited to get started and have identified a few things we need in order to make our Family Activity Night successful. We are hoping you can help us by attending our event as a community exhibitor and/or supporting it by making an in-kind donation/providing goods, healthy snacks, or supplies. This is a FREE event and there is no cost to participate. 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.
- 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.

Your participation as a community resource and/or your contribution will help us meet our goal of making Moscow Middle School a healthier environment for students and link your organization to a very positive, worthwhile cause that is making lasting changes in our community.

Thank you in advance for your consideration. If you are interested in working with us, please contact Jessica Shawley, Moscow Middle School Program Advisor or Allison Worley, University of Idaho Project Leader. Please see the attached participant form. We look forward to hearing from you soon! Your response is needed by April 1st.

Sincerely,

Jessica Shawley, Gen Fealy, and John Thill
Fuel Up to Play 60 Program Advisors
Moscow Middle School
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