



Student Invitation Letter to School Adults

Dear _____ :

We want your help in getting our school involved in Fuel Up to Play 60!

It's important to many kids at our school to feel and look good and perform at a high level in the classroom, on the field and during our activities. I recently heard about a free program that rewards students and schools for making healthy choices, and I hope you'll consider enrolling our school.

The program is called Fuel Up to Play 60. It was developed by the National Dairy Council®, local Dairy Councils and the National Football League, joined by the U.S. Department of Agriculture (USDA). It's a team-based program where everyone at the school can get involved in making healthy choices about what we eat and how much activity we get. It's an easy way to help the entire school make positive changes about our health.

When we sign up for Fuel Up to Play 60, our school gets:

- Access to an online Playbook with ideas for spreading the word and challenging kids at our school to eat right and stay active. The Playbook includes fun ideas, like a Breakfast – Anytime, Anywhere, Snack Smarter in School, 100 Mile Club and In-Class Activity Breaks.
- Opportunities for rewards and funding to help implement the program

Staying healthy is important to my friends and me. I'd like to help spread the word to other students at our school. To be part of the Fuel Up to Play 60 team, here's all we need to do:

1. Enroll each of us — and at least one Program Advisor (an adult like you) — at FuelUpToPlay60.com.
2. Work with a team of teachers or other school staff and students who care about healthy eating and physical activity to help lead the program.
3. Check out the online Playbook and other resources at FuelUpToPlay60.com.
4. Complete one Healthy Eating Play and one Physical Activity Play, all of which we get to choose.

I'm excited about kicking off Fuel Up to Play 60 at our school and can't wait to get started! Thanks for all you do to keep the students at our school healthy.

Sincerely,

