

Schools on the Move Participant Form – Family

Important! Complete one log for each participant 3 years or older. THIS PARTICIPANT FORM MUST BE COMPLETED IN FULL AND SIGNED BY A PARENT OR GUARDIAN to be counted. Completed logs must be turned in by Friday, March 3.

Last name: _____ First name: _____ Grade: _____

Teacher: _____ School: _____

Total # of Checks: _____ Email/Text # _____
 (to receive additional Healthy Kids Club program info, optional)

Parent Signature _____

T-Shirt Size: (circle one, if you have 60 or more checks) 2T 3T 4T ys ym yl as am al axl



* Activities to try this month!

- | | |
|---|--|
| Swimming | Set up indoor "circuits" and include jumping jacks, wind mills, chair dips, running in place, shooting an imaginary basketball ... so many possibilities! Rotate every minute. |
| Sledding | |
| Ice skating | Hit the slopes and ski |
| Do yoga as a family | Try snowshoeing |
| Play Just Dance or Wii Fit with friends or family | Shovel snow as a family |
| Go to a local bounce house for active fun! | Do an exercise video |
| Go to your local recreation center | Play basketball |
| Go bowling | Jump rope |
| Play indoor hopscotch | YouTube a Go Noodle video |
| Have a dance party | Play indoor beach volleyball |
| Bundle up and go for a walk | |

Remember that your activity can be broken up in to 10-20 minute intervals.

SCHOOLS ON THE MOVE



5 2 1 0

CHALLENGE!

Take the Challenge!

Family 2017

1 Challenge Rules

The Challenge runs: February 1 – February 28, 2017
Fill out the Kick-off Survey (back page) first!

Prizes

All student and staff participants with a **minimum of 60 checks on their logs (out of a possible 112) will receive a Challenge t-shirt.**

- The schools with the highest percentage of participants will win up to \$1500 to spend on PE equipment or school wellness initiatives.
- **Staff challenge** – the top three schools with the highest percentage of staff participants who meet the 60 check challenge will receive \$500, \$250 and \$200 to spend on staff wellness.

Dear Families,

We are excited to offer the **Schools on the Move 5210 Challenge** to your school! Since 1998, Healthy Kids Club, UHealth, has been partnering with schools to make wellness part of the school culture, and to encourage adding the 5210 habits **EVERY DAY** for kids and adults alike!

The Schools on the Move 5210 Challenge is a one month program to encourage students, teachers, school staff and families to adopt the 5210 healthy habits. The goal is to get **5** fruits and vegetables, **2** hours or less of recreational screen time, **1** hour or more of physical activity, and to drink **0** sugary drinks . . . every day!

During the month of February, students and staff will be tracking their 5210 habits with the goal of getting at least 60 “checks” (out of a possible 112) on their tracking calendars to earn a t-shirt. And schools with the highest participation can earn up to \$1500 in prize money! Enjoy the challenge!

The Healthy Kids Club Team



Healthy Kids Club®



2

Keep track of your daily 5210 habits – check the boxes for the goals you achieve – **5 servings of fruits and veggies, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks.** For physical activity, your goal is to get at least **60 minutes** per day. Remember that you can break up your activity over the course of the day! You can also include PE and extra school day activity breaks that your class participates in! Be sure and total your “checks” each week. Students and staff who get 60 or more checks (out of a possible 112) will receive a Challenge t-shirt!

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GET YOUR FAMILY INVOLVED! Family members 3 years and older can participate in the Challenge by tracking their 5210 healthy habits! Pick up a Family Activity Log in the office or print one at **healthykidsclub.org**. Family members who meet the 60 check challenge will receive a Challenge t-shirt and will be entered into a drawing for **ten \$50 Target gift cards.**

4

Wednesday, March 1 – Add up the total number of checks on your log and complete the “Schools on the Move Participant” section on the back of your log. **LOGS MUST BE FILLED OUT COMPLETELY IN ORDER TO BE COUNTED. PARENT/GUARDIAN SIGNATURE IS REQUIRED.** Turn in your completed log at school by **Friday, March 3.** Students and staff who get 60 or more checks (out of a possible 112) will receive a Challenge t-shirt.



5

Questions? Contact your PE teacher or Laurie Zenner, laurie.zenner@uhealth.org. If you misplace your log, additional logs are available online at healthykidsclub.org.



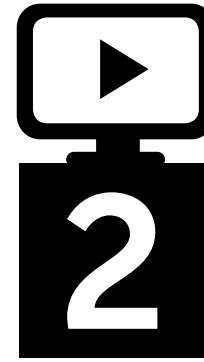
Eat 5 servings of fruits and veggies every day!

A serving is about the size of your fist—it depends on your age.

Why? Eating lots of fruits and vegetables is important because they are full of vitamins and minerals that children need. Research shows that fruits and vegetables may help prevent heart disease, stroke, high blood pressure, diabetes, some types of cancer and weight gain.

How?

- Include at least one fruit or vegetable at each meal. Try to fill half of every plate with fruits and veggies.
- Wash and chop fruits and veggies beforehand so they're ready to grab and eat as snacks.
- If your kids are picky about eating vegetables, keep trying. Taste buds change with time!
- Add vegetables to foods you already make, like smoothies, pasta, soups, pizza, rice and eggs.
- Add fruit to cereal, pancakes, or other breakfast foods.



Limit recreational screen time to 2 hours or less every day!

That includes time spent with TV, computer, phone, tablet, video games, etc. outside of school or work.

Why? Spending too much time in front of a screen can cause weight gain, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than two hours of screen time a day and zero screen time for kids under 2. They also recommend keeping screens out of the bedroom.

How?

- Model limiting your own screen time and talk to your kids about it.
- Have family rules around screen time, like setting a timer for 30 minutes.
- 1 show and go! After one short show, it's time to play or do something else.
- Come up with some fun exercise moves to do during commercial breaks.
 - Help your kids pick a new book, game, or craft to do instead.

SCHOOLS ON THE MOVE

5 2 1 0

CHALLENGE!

Get 1 hour of physical activity every day!

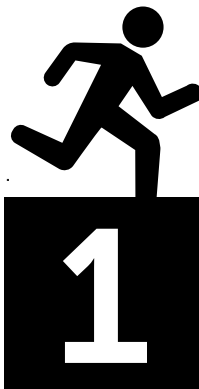
Break it up into smaller chunks of time if needed.

Why? Regular physical activity is necessary for being healthy. Children who have active parents or guardians are more likely to be active when they grow up.

It also improves concentration, attention, and academic performance. Physical activity improves mood, lowers stress and helps kids learn!

How?

- Let your kids see you being active and talk about how it makes your body feel.
- Be active as a family. You could take a walk together, build a snowman, go sledding, or have an indoor dance party!
- Encourage your kids to have active playtime each day.



Drink 0 sugary drinks every day!

Choose water and low-fat milk instead!

Why? Drinking sugar-sweetened beverages (soda, chocolate milk, juice, sports drinks, etc.) can lead to weight gain and obesity especially in children. Sugary drinks can also cause dental cavities and keep kids from drinking the milk and water their bodies need. Water is the #1 thirst quencher and the most important nutrient. Plus, water is low-cost and has zero calories!



How?

- Drink plenty of water and encourage your kids to do the same.
- Make water more flavorful by adding sliced fruit like citrus, berries, or cucumbers.
- Read the serving size on juice bottles. Try diluting your kid's 100% juice with ice or water.
- Choose low-fat white milk.



February 2017

Family Tracking Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Sample <input checked="" type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input checked="" type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> <u>walk to school, swimming</u> <input checked="" type="checkbox"/> 0 sugary drinks	5210 Checks Week 1 _____ Week 2 _____ Week 3 _____ Week 4 _____ Total # of Checks _____		Feb 1 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 2 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 3 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 4 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	
Feb 5 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 6 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 7 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 8 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 9 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 10 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 11 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	
Feb 12 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 13 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 14 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 15 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 16 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 17 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 18 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	
Feb 19 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 20 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 21 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 22 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 23 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 24 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 25 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	
Feb 26 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 27 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	Feb 28 <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> Less than 2 hrs. screen time <input type="checkbox"/> Activity 60 mins. or more <i>1 hour of activity:</i> _____ <input type="checkbox"/> 0 sugary drinks	REMINDER: Turn in signed activity logs by Friday, March 3! The "Schools on the Move Participant Form" on the back page must be completed in full to receive credit. Participate in the Challenge as a family! Forms available at healthykidsclub.org .			 Healthy Kids Club®  UCHealth	