



St. Vincent de Paul School is taking the lead for student health by participating in a nationwide wellness initiative. Community-focused and fun, Fuel Up to Play 60 is activating schools and communities to support school wellness initiatives, good nutrition and physical activity, which help educate students and curb obesity. In partnership with the National Dairy Council (NDC) and the National Football League (NFL), St. Vincent and its students are recruiting friends, parents, teachers and business and community leaders to join them in pledging to adopt healthier behaviors, such as choosing foods encouraged by the United States Department of Agriculture, which has also joined the initiative, and committing to 60 minutes of physical activity every day.

Our school is in a unique position to influence the eating and physical activity habits of students. We need community-wide support to help our students build positive, lifelong habits, and Fuel Up to Play 60 provides the healthy messages, resources and activities we need to get started.

Fuel Up to Play 60 is helping to make wellness part of the game plan in more than 70,000 schools across the country. Why? Evidence shows that healthy eating and physical activity can contribute to higher levels of student achievement:

- Better nutrition, including breakfast, helps students get the nutrients they need and may help improve academic performance, test scores and school attendance.
-
- Being physically active may help students improve self-esteem, cognitive function and test scores. Experts recommend at least 60 minutes a day for youth.

We are asking for your cooperation and support! Each student is encouraged to log in to their own “Dashboard” on the Play 60 website, under the St. Vincent De Paul School, and see what prizes are already available. They will do the initial logging into

the system here at school with Susie Griffith. We ask that they continue to log their healthy choices, whether it is what they are eating, or their fitness activity, while at home. Every time they input information into their dashboard, they earn points, which equal to rewards and incentives for the students. As a 'Team', their cooperation and support with this endeavor, will mean great things for the school, and an overall healthier school environment!

We will be having different Play 60 activities throughout the school year, beginning this Friday, September 12th during Lunch Recess Rounds. **It is *our goal* that every student that is able, will walk, jog and/or run 1 mile during their Friday lunch recess. We have asked all Teachers to support us in this mission, and to encourage the students each Friday to come out & walk at least 1 mile. We will have enough time at Lunch Recess to allow for this goal to happen! We know that local schools are mandating this daily before the children are allowed to participate in recess activities; we believe one day a week is a great place for our school to start! We are hoping for 100% participation!**

If you have any questions or suggestions to assist with this Program, please feel free to contact one of the Program Advisors here at school:

Sue White-Fitness Coordinator.

Susie Griffith-SVDP Teacher.

We hope to see you at one of our Play 60 Events this year!
May you have a happy, and healthy 2014-15 school year!!

Sue White
SVDP Fitness

