

Fuel Up to Play 60 Leadership Team Club

The National Dairy Council® (NDC) and the National Football League (NFL) -- in collaboration with the U.S. Department of Agriculture (USDA) -- are making a long-term commitment to America's youth with a school-based nutrition and fitness initiative called Fuel Up to Play 60. The initiative gets students involved in creating a healthier school environment that promotes student health, learning and achievement. Through Fuel Up to Play 60, students will pledge to choose more nutritious foods (including low-fat and fat-free dairy foods, fruits, vegetables and whole grains), get 60 minutes of physical activity every day, and encourage their friends, family and entire school to join them – and have fun too! If you will be selected to be part of this team, you will lead the wellness initiatives at our school. This initiative will provide you with a unique opportunity to develop leadership skills and make positive changes in the school nutrition and fitness environment.



The fall FUTP60 challenge For the Love of Play ends on October 17
The students could win \$1000 for the school, if they report the physical activity they organized for friends and family at recess or after school. The information about the activities should be entered by following the "Report Campaign" tile link on the student's Fuel Up To Play 60 Dashboard. The students need to have an active FUTP60 account. www.fueluptoplay60.com

October 13-17 is the National School Lunch Week

The Fuel Up To Play 60 club is leading celebration of National School Lunch Week at our school. This year's theme is "Get in the Game with School Lunch". It is encouraging kids to find balance between healthy eating and physical activity. The School Lunch Week started 1962, initiated by the President John F. Kennedy. Today, 32 million students each day are served by the school Lunch Program. By expanding access to nutritious meals, more and more children have opportunities to live healthy and productive lives. The School Nutrition Association and Chobani Greek Yogurt posted a lot of tools and resources to improve lunch nutrition at schools and homes. www.schoolnutrition.org/NSLW2014/