



North Park Fit Kids!



September 2010

Dear Parents,

This year, North Park will once again be continuing our Fit Kids Program. The purpose of the program is to help children develop healthy eating and exercise habits that they can sustain throughout their lives. Classes can earn points to “purchase” equipment such as balls, jump ropes, Frisbees, etc. for use at recess. There will be four ways that classes can earn the points:

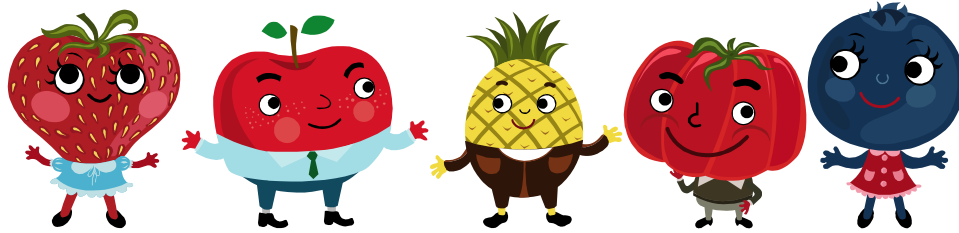
- Wellness Wednesdays. Although healthy snacks are always encouraged, classrooms will be able to earn a point on Wednesdays if every student in the class has brought a healthy snack. For students who may forget their snack on that day or who have chosen a less nutritious snack that day, the PTA is providing snack items for each classroom to be used on Wednesdays. (A list of healthy snack ideas is attached.)
- Fitness Fridays. Classrooms that incorporate an additional period of exercise into their day on Fridays will earn a point. Students should be sure to wear sneakers on Fridays, as well as on P.E. days. Some teachers may choose to do stretching or dancing in the classrooms; others may choose to play a game outdoors.
- Nutrition/Fitness Projects. Classes that add a nutrition or fitness lesson during the week can earn an extra point. Health lessons with Mrs. Meier count, too.
- Birthday Alternatives. Students, who choose to bring in a healthy snack for their classmates on their birthday, rather than cupcakes or another sugary alternative, earn a point for their class *and* earn a North Park Fit Kids bracelet for themselves.

We are looking forward to continuing this program! We had a wonderful experience last year and are looking forward to an exciting and active year of health and fitness.

Sincerely,

The Fit Kids Team

Margaret Robelee, Mary Beth Scattergood, Alice Dawson, Margaret Brocks, Pat Jacco, Joan Magnuson, Kate Shaughnessy



North Park Fit Kids Healthy Snack Suggestions

This list includes examples of healthy snacks that would be appropriate for "Wellness Wednesday".

It is intended as a guide and does not include every possibility for a healthy snack. When choosing a healthy snack, consider low-fat, low carbohydrate and whole grain foods. Please be mindful of whether or not your son/daughter's classroom is a "Nut-Free" classroom when providing snacks.

Fruit

- Bananas
- Apples
- Oranges
- Raisins
- Grapes
- Dried fruit

Vegetables

- Low-fat vegetable dips
- Carrots
- Celery
- Peppers
- Cucumbers

Other

- Yogurt
- Cheese Sticks
- Pretzels
- Low-fat Popcorn
- Cereal (low-fat, without added color dyes, low sugar, whole grain)
- Nuts (**Please check to see if your son/daughter's class is a "Nut-Free" classroom)
- Whole Grain tortillas or crackers