

June 1, 2010



Dear Teachers,

West Central Elementary has received a \$6000 grant through the USDA and Indiana Action for Kids called **GAME ON**, *The Ultimate Wellness Challenge*. (<http://actionforhealthykids.org>) The basis for this program is to address our nation's growing problem of child obesity due to a lack of physical activity and poor nutrition choices among our children. To fulfill the requirements of the grant, we are to complete four nutrition and four physical activity challenges throughout this school year's time frame including school and community involvement.

A large part of the activities will not directly involve you as a teacher other than your support and enthusiasm.☺ However, there is one activity called Brain Breaks that we are encouraged to participate in that has been effective in improving concentration in the classroom. It incorporates physical activity in the classroom and other parts of the school day. Our time frame for this activity is from Jan. 10th-Feb. 4th, but you can start early! This activity will fulfill our requirement for a during-school challenge. More details will follow, but you can check out the website at www.emc.cmich.edu/brainbreaks.

We plan to kick-off this program with a taste-testing and physical activity event during registration. Attached is the letter that will be given to parents at registration. The Trojan Tasters, dressed in their fruit and vegetable costumes, will be attending various activities throughout the year. You will be seeing them around!

For good communication, we plan to keep you abreast of each activity prior to the event. We are working on putting together a team of volunteers that will implement the many ideas we have in mind. For the well-being of our students, we appreciate your support, encouragement, and enthusiasm! The slogan we have created is:

**Be Healthy To Learn,
Learn To Be Healthy!**

Please e-mail Jessica Murray, grant coordinator, with any questions or suggestions. This grant was made possible through efforts made from our Coordinated School Health Council.

Thank you!
Coordinated School Health Council

Every Student, Every Day
Engage, Empower, Educate