



Dear Parents and Students,

Welcome to West Central Elementary!

Research shows that balanced nutrition and physical activity contribute to improved academic performance, higher attendance rates, better behavior in the classroom, and ultimately lifelong health and well-being. Throughout the school year, your child will be learning about nutritious food choices and an ongoing effort to move more through a program called **GAME ON**, *The Ultimate Wellness Challenge*. This program is supported through the USDA and Indiana Action For Healthy Kids.

Along with your child's increasing knowledge of better food choices, they will be introduced to different challenges during the school year such as Brain Breaks, taste testing, games, and more! Your child may offer suggestions when grocery shopping. Trying a new fruit or asking for whole grain items versus refined are comments that may surprise you! Be an enthusiastic role model and consider their suggestions; then go home and have fun trying the new adventure!

Your child will also be participating in physical activity challenges that they will do at home, before and after school. Research has shown that children that are physically active prior to the school day have better attention span and behavior. Again, be a positive role model and encourage active participation. You can join the fun, too!

These are all reinforcements that we, as parents, are already striving to do in raising our children. Help us continue *The Ultimate Wellness Challenge* and

Be Healthy To Learn, Learn To Be Healthy!

If you have questions, suggestions, or want to volunteer, we would love to have you join our team. Please e-mail Jessica Murray, Food Director, at jmurray@west-central.k12.in.us.

Sponsored by the West Central Coordinated School Health Council

Every Student, Every Day
Engage, Empower, Educate

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