

Dear (Title, Name),

Thank you for all the work you do to help our children grow and learn. Like you, we are committed to the best outcomes for our children.

Childhood obesity is one of the most serious health epidemics facing our community. One in four children in Dane County are overweight. Childhood obesity is leading to a range of health problems that previously were not often seen until adulthood, including high blood pressure, type II diabetes and elevated blood cholesterol levels.

The impact of childhood obesity and its complications gets in the way of children's academic success. Healthy kids make better students; they demonstrate higher attendance rates, higher test scores and behave better.

The school environment is a powerful place to make behavioral and environmental changes for students and staff. To make our school environment healthier, I'd like to encourage (SCHOOL NAME's) participation in the 5-2-1-0 Program. This program encourages students to engage in fun activities that promote the 5-2-1-0 message: each day, aim for 5 fruits and vegetables, 2 hours or less of screen time, 1 hour of physical activity, and 0 (or almost no) sugary drinks.

This initiative is a fun way for schools to be involved in encouraging healthy habits and can vary depending on your interest level and capacity. This initiative is very flexible in nature and can include guest speakers, activities provided by community partners, a school challenge, among other options. For example, some schools have competitions between classrooms, whereas others may choose to set up "5-2-1-0"-themed activities outside for students to participate in.

As principal, your support for a healthy school environment is crucial. Please help (SCHOOL NAME) encourage childhood nutrition. It's easy to get started!

Just visit <http://healthykidsdane.org/> to download useful resources and tools to fit the event to your needs.

If you're interested in pursuing long-term solutions that improve the health environment of your school, visit **[schools.healthiergeneration.org](http://schools.healthiergeneration.org)** and complete the School Health Index, a self-assessment and planning guide that will enable you to:

- Identify strengths and weaknesses of your school's health and safety policies/programs
- Develop an action plan for improving student health and safety
- Build a team to help you make your school a healthy school

I believe we have a responsibility to work together to improve the health and wellbeing of our children by ensuring schools embrace healthy eating.

Thank you for considering participation in this program to promote lifelong healthy habits and making [INSERT SCHOOL NAME] a healthier place to learn.

Sincerely,

NAME NAME  
TITLE  
CONTACT INFO