



Did you know that Washington School is a Fuel Up to Play 60 School? And you can support your children as they participate in this great program!

289 Main Street
West Orange, NJ 07052

January 30, 2017

Dear Parent,

Fuel Up to Play 60, the nation's largest in-school wellness program, encourages students from all communities to take the lead in living healthier lifestyles through good nutrition and physical activity. Did you know that Washington School is a Fuel Up to Play 60 school? And you can support your children as they participate in this great program!

Fuel Up to Play 60 is a free program from the National Dairy Council and the National Football League, in collaboration with the U.S. Department of Agriculture. It's in more than 73,000 schools nationwide and encourages students to eat healthy and get at least 60 minutes of physical activity every day.

Fuel Up to Play 60 is fun for students, with opportunities to earn points and rewards like NFL prizes — you should encourage your children to participate! The program needs your children to get involved in creating a healthier school environment that promotes student health, learning and achievement. Your children can take the lead in activities and earn Points to become an Ambassador.

Why not get involved, too? Parents and families can help elevate the importance of healthy eating and physical activity *and* make them a part of every day. Learn how you can support your children's health at school *and* at home by visiting <https://www.fueluptoplay60.com/get-involved/parents>. And stay tuned for fun Fuel Up to Play 60 activities and events this year!

For more information on Fuel Up to Play 60 and the important role your children can play in Washington School's program, visit FuelUpToPlay60.com.

Fuel Up to Play 60 is a great way for your children to eat healthy, get active and make a difference at Washington School. We look forward to a school year of positive, healthy changes through Fuel Up to Play 60!

Sincerely,

Washington School Physical Education Department



Visit FuelUpToPlay60.com!