



## Classroom Teachers:

Welcome to Fuel Up to Play 60!

You can engage students to make healthy choices that can help them succeed!

Fuel Up to Play 60 is a nationwide program designed to help students, working with adults, make themselves and their schools healthier.

This program puts students in partnership with the key adults in their schools who can help—and THAT'S YOU.

Fuel Up to Play 60 provides tools, incentives, resources and rewards to help students improve the healthy eating and physical activity environment in your school. Helping to make positive changes in these areas is a step in the right direction to having focused, engaged and high-achieving students in your classrooms!



Learn more ...





# Fuel Up to Play 60 in Six Easy Steps

## How does this work? What's my role? Why me?

These may be questions you're asking — well, we've got answers. Working with your school's Fuel Up to Play 60 Program Advisor, you can play a key role in helping students improve their healthy eating and physical activity habits. The key steps are outlined here to help you get involved, and work in partnership with your students and other key adults, to help them reach their goals and create a healthier school. You can participate in a lot of ways, helping at each step along the way or jumping in when it makes the most sense for you. Here's how it works — and some key actions that YOU, as a classroom teacher, can take at each step to help:

### 1. Join the League and Suit Up

If you haven't already, go to [FuelUpToPlay60.com](http://FuelUpToPlay60.com) and sign up so everyone knows you are part of a Fuel Up to Play 60 School.

When you register, you get a personal Dashboard that shows who's involved and how your school is doing overall.

### 2. Build Teams and Draft Key Players

Encourage students to take part in the planning and implementation of Fuel Up to Play 60 activities.

Attend a Fuel Up to Play 60 planning meeting to see how you can help.

Send home Fuel Up to Play 60 information to encourage parent involvement and volunteers.

### 3. Kickoff!

Work with students to spread the word schoolwide about Fuel Up to Play 60.

Pass out stickers, flyers and other promotional materials.

Attend the Kickoff event with students and encourage them to participate in the Fuel Up to Play 60 Challenges.

### 4. Survey the Field

Check out the Fuel Up to Play 60 polling and survey tools. See what you might learn about your own students that can help them reach their goals.

Encourage students to share their opinions in the Fuel Up to Play 60 online Student Polls and see how your students' answers compare to others' nationwide.

### 5. Game Time!

Collaborate with students and the Program Advisor to help students select and implement Healthy Eating and Physical Activity Plays.

Motivate students to participate in the Fuel Up to Play 60 Challenges. Look for opportunities to highlight Challenges or schoolwide Plays.

Help students set up friendly class-to-class or student-to-adult healthy eating or physical activity competitions.

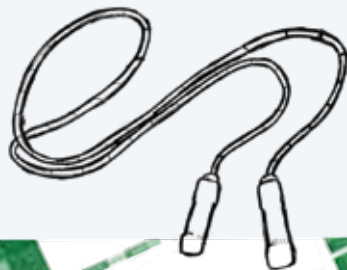
Be a role model!

### 6. Light Up the Scoreboard!

Celebrate successes in your school!

Encourage students to share their accomplishments. Go to [FuelUpToPlay60.com](http://FuelUpToPlay60.com) and post success stories, pictures or videos.

Send information about the program home to parents and caregivers to highlight their children's progress and successes.





## How Can I Best Support the Program?

As a teacher, you have a more direct connection with students than almost anyone else in the building. You can influence behaviors, serve as a role model and integrate healthy school strategies into your daily teaching — *all* of which can help kids succeed both in your class and throughout their lives. By getting involved in Fuel Up to Play 60 and helping students reach their goals, you'll have access to a wealth of resources you can use directly with students and integrate in classroom activities and routines — the goal being long-term benefits that include healthier, more focused and engaged students, improved achievement and an overall positive improvement in the school environment.

Through Fuel Up to Play 60, and other wellness initiatives, you're the person who can:

- **Elevate the importance of school wellness.** Actively participate in the Fuel Up to Play 60 Challenges and promotional events. Organize friendly competitions with colleagues and students — you have a chance to earn prizes and rewards while providing a great example to students!
- **Involve students in Fuel Up to Play 60!** Motivate interested students in implementing one of the Healthy Eating or Physical Activity Plays. Help the Program Advisor by engaging groups of interested students and helping them develop partnerships with adults they need to help.
- **Integrate physical activity and nutrition education into your daily classroom routines.** Consider using the strategies from In-Class Activity Breaks with your lessons, or host a Breakfast in the Classroom event. Visit [FuelUpToPlay60.com](http://FuelUpToPlay60.com) and its interactive Playbook to find easy-to-do activities you can do in your classroom.
- **Bridge the gap between home and school.** Help inform parents and caregivers about the program and recruit their involvement both in school and at home!

### Why Healthy Schools?

Evidence shows that healthy eating and physical activity can contribute to higher levels of student achievement:

- Better nutrition helps students get the nutrients they need and may help improve academic performance. Also, eating breakfast may help students improve their test scores and school attendance.
- Being physically active may help students improve self-esteem, cognitive function and test scores. Experts recommend at least 60 minutes a day for youth.

Helping students prioritize healthy eating *and* physical activity may help them perform better in school and can contribute to their long-term health.

### Why Fuel Up to Play 60?

Fuel Up to Play 60 was launched by National Dairy Council, your local Dairy Council and the NFL. The U.S. Department of Agriculture has also joined the effort to encourage students to get involved in making positive, healthy changes in their schools.

Working with adults, students can play a key role in helping to increase both access to appealing, nutritious foods and opportunities for physical activity.

Fuel Up to Play 60 provides action ideas, resources and schoolwide incentives and rewards for making these healthy improvements.



## What does Fuel Up to Play 60 have for you?

Fuel Up to Play 60 is about taking action. There are resources available — including rewards, recognition and funding — that can help you and your students make positive, long-term changes in your school. For classroom teachers in particular, you'll find:

- An interactive Playbook with Healthy Eating and Physical Activity Plays — a collection of strategies that can be implemented in whole or in part within your daily classroom routine. Did you know that as little as a five to twenty minute break for physical activity may have a positive effect on learning?
- Fuel Up to Play 60 rewards, incentives and funding opportunities for you to make healthy changes for and with your students.
- Links to partner and supporter resources that can help you with your classroom teaching.



## Check out these great ideas and resources that you can use right now to get started!

**Bring on Breakfast:** Learn more about why breakfast is so important for students to start the day, and consider implementing one of these Healthy Eating Plays in your classroom.

**In-School Activity Breaks:** Use these ideas to get kids active in your classroom. Brief physical activity breaks before or during class may have a positive effect on learning!

**Physical Activity Extra Credit:** Show students that you value their health. Have them complete some of these activities for extra credit or find ways to fit the ideas into your existing lessons!



A PROGRAM OF



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2010 National Dairy Council. Fuel Up is a service mark of National Dairy Council.  
©2010 NFL Properties LLC. All other NFL-related trademarks are trademarks of the National Football League. NO PURCHASE NECESSARY. Many will enter, few will win.