



## School Health Professionals: Welcome to Fuel Up to Play 60!

You can empower your students to make healthy choices in all they do!

Fuel Up to Play 60 is a nationwide program designed to help students, working with adults, make themselves and their schools healthier. A healthier school environment may lead to improved attendance, higher achievement and long-term health benefits for students.

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 ideas, tools, resources — and funding opportunities for your school — to help students improve the healthy eating and physical activity environment in your school. You can earn rewards and recognition for yourself and your school — and help people get healthier!



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 play an important role in supporting your school's student leaders and committed adults to improve the healthy eating and physical activity environment schoolwide. You can provide guidance in your school and be a voice for the program in other schools or organizations with which you engage in your professional activities. The key steps are outlined here to help you understand the program. Here's how it works — with some key actions you can take along the way:

### 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 set of personalized Dashboards that show who's involved in your school, how your school is doing overall, and what's happening at the district level.

### 2. Build Teams and Draft Key Players

Display the Fuel Up to Play 60 logo on your office door and talk with the school's Fuel Up to Play 60 Program Advisor about your involvement.

Talk with teachers, staff and other school professionals about participating in the program.

Encourage students to make healthy choices and get involved.

### 3. Kickoff!

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

Reinforce the importance of healthy eating and physical activity to staff, students and families in school communities and meetings.

### 4. Survey the Field

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.

Participate in the School Wellness Investigation, lending your expertise as a health professional.

### 5. Game Time!

Work with the Program Advisor to support an interested group of students in selecting and implementing their Healthy Eating and Physical Activity "Plays."

Motivate students to participate in the Fuel Up to Play 60 Challenges.

Help students and teachers 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.

Let other schools you may visit, as well as families and your district, know what you are doing too.

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





## How Can I Best Support the Program?

As the school's nurse or health care professional, you can reinforce positive messages about healthy eating and physical activity, provide content expertise and help guide and support a group of interested, committed individuals in implementing strategies for school wellness. You can provide important information, assist in the implementation of Healthy Eating and Physical Activity Plays and help bridge the healthy connection between home and school.

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 ongoing development, implementation and evaluation of your school's wellness efforts. Visit classrooms and host parent meetings to talk about the importance of healthy eating and physical activity.
- **Be an active and vocal advocate.** Communicate regularly with the district food service director about nutrition, student eating behaviors, food allergies, food safety and other mutual concerns. Share this information with the Program Advisor and students engaged in Healthy Eating Plays.
- **Actively support Fuel Up to Play 60!** Promote the incorporation of nutrition education and physical activity breaks into classroom activities. Promote quality physical education, support daily recess and communicate the importance of eating a nutritious breakfast.
- **Continue to provide the valuable health services you already provide.** Provide support for student wellness through health clinics and screenings.

### 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, the students and the community make positive, long-term changes in your school. For school health professionals in particular, you'll find:

- An interactive Playbook with Healthy Eating and Physical Activity Plays — a collection of strategies that can be implemented by small groups or large ones. Consider implementing one of these Plays with a group of interested students — and recruit their family members to help!
- Resources for engaging community organizations such as hospitals and community centers in your efforts. There are donation request letters, tip sheets and more.
- Fuel Up to Play 60 rewards, incentives and funding opportunities for you to make healthy changes for and with your students.



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

**Why and How to Play 60:** This handout can help students understand how physical activity can affect their bodies and minds and give them ideas on how they can fit at least 60 minutes a day into their routines!

**Why Your Body Loves Good Food:** This handout can help students understand how their food choices affect their bodies and give them ideas for nutritious selections they can find on your school menu already!

**Who Can Help and How:** This resource is a wealth of information on the possibilities for gathering Fuel Up to Play 60 support. Take a lead role in helping students work with these potential mentors and volunteers.



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