How Elementary Schools May Support 5210 Healthy Children

5210 Healthy Children is a community-wide plan to improve child health. It spreads a common message throughout children's communities, where families work, live, and play. The message represents four healthy behaviors children should achieve each day:

5 or more servings of fruits and vegetables

2 or fewer hours of recreational screen time[+]

1 or more hours of physical activity

0 sweetened beverages

[+] review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)

Children spend a substantial amount of time in school, so elementary schools are a very good place to promote the 5210 message. Healthy behaviors may be supported in schools with the information that children are taught, the environment in which they spend time, and the adults fostering their developing behaviors. The resources assembled in this toolkit are designed to help elementary schools disseminate the 5210 message, communicate it with families, and reinforce it with school and classroom activities.

The following materials are available for elementary schools:

1. **Tips For Elementary Schools handout** – targets teachers and other elementary school personnel, and provides them with tips to increase fruit and vegetable consumption, reduce screen time, increase physical activity, and decrease sweetened beverage consumption in elementary school children.
2. **Tips For Elementary Schools posters** - enlarged versions of the Tips For Elementary Schools handout are available in two poster sizes (27" x 40" and 38" x 56") to hang in highly-visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Partner With And Educate Families handout** – provides tips to help school personnel reach out to families to help them learn about and adopt the 5210 behaviors.
5. **5210 School Presentation Guide –** contains a presentation that may be given to elementary school students to introduce the 5210 message, and instructions for the presenter.
6. **5210 Song** – provides a catchy tune for teachers to reinforce the 5210 message.
7. **I've Been Caught Eating Healthy and I've Been Caught Being Active stickers** – provide templates and directions for creating stickers to reward children for being "caught" eating healthy and being active during the school day.
8. **Provide Healthy Choices handouts** – describe ways schools and classrooms can encourage healthy snacking and have non-food celebrations.
9. **Class Snack Program handout** – describes a method for parents and children to share in providing healthy snacks in the classroom.
10. **Provide Non-Food Rewards handout –** describes the benefits of providing non-food rewards and gives examples of non-food rewards children like.

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University.
5210 Healthy Children is adapted from Let's Go! www.letsgo.org.

11. **Healthy Fundraising handout –** lists healthy fundraising ideas and describes why healthy fundraisers are important to use.
12. **Role of School Nutrition Programs handout** – provides ideas for school nutrition directors and the 5210 team to promote healthy eating strategies in the school setting.
13. **Out of School Activity Bags handout**– describes an idea for schools to help children and their families minimize screen time at home.
14. **Quick Physical Activity Breaks handout** - displays ideas for quick and active breaks throughout the day, and ways to incorporate them.
15. **Physical Activity Clubs handout** – provides examples of clubs that can be created in the classroom or school for encouraging and promoting physical activity.
16. **5210 Challenge Calendar** – is a useful tool to allow children and their families to track healthy behaviors all month long.
17. **Make-Your-Own Sugar Bottle Display handout** – gives instructions for a great classroom activity to visually represent how much sugar is in some of the most-consumed beverages.
18. **Thirst Quencher! poster** – advertises drinking fountain locations.
19. **Healthy Dates To Celebrate handout** – lists dates that provide opportunities throughout the year to promote healthy behaviors; for example, National Physical Fitness and Sports Month in May.
20. **5210 and Healthy Sleep handout** – lists ways that the 5210 behaviors support healthy sleep habits in children.
21. **It Takes 2 to Tune In handout** – describes the American Academy of Pediatrics (2015) guidelineson parenting strategies to ensure quality screen time.
22. **Television Tunnel Vision handout** – lists alarming facts about children's typical amount of screen time and offers suggestions for alternative ways of spending free time.
23. **Healthy Eating In A Hurry and Healthy Shopping On A Budget handout** – provides tips on ways to create quick, healthy meals on a busy schedule and provides tips on ways to purchase healthy foods cost effectively.

We recommend hanging the poster in highly-visible locations in the elementary school, for example close to the entrance where parents enter to drop off and pick up their children, in the main hallways, in the main office, in restrooms, and on the classroom doors. In addition, handouts may be provided at school assemblies, PTO Meetings, Parent-Teacher conferences, and sent home in children's take-home folders where parents are likely to see them. Digital versions of all materials are available and may be inserted into any newsletters developed by the respective school district and uploaded to the school district website and via social media.

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. We will be happy to answer your questions!

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