



How Middle & High Schools May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-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 youth 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)*

Youth spend a substantial amount of time in school, so middle and high schools are very good places to promote the 5210 message. Healthy behaviors may be supported in schools through the information that youth are taught, the environment in which youth spend time, and the adults who foster their developing behaviors. The resources assembled in this toolkit are designed to help middle and high schools disseminate the 5210 message, communicate it with families, and reinforce it with school and classroom activities.

The following materials are available for middle and high schools:

1. **Tips For Middle & High Schools handout** – targets teachers and other school personnel and provides them with tips to help youth increase fruit and vegetable consumption, closely monitor and reduce screen time, increase physical activity, and decrease sweetened beverage consumption.
2. **Tips For Middle & High Schools posters** – includes enlarged versions of the Tips For Middle & High Schools handout that 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 Challenge Calendar** – is a useful tool to allow children and their families to track healthy behaviors all month.
6. **Healthy Fundraising handout** – lists healthy fundraising ideas and describes why healthy fundraisers are important to use.
7. **The 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.
8. **Quick Physical Activity Breaks handout** – displays ideas for quick and active breaks throughout the day and ways to incorporate them.



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9. **Physical Activity Clubs handout** – provides examples of clubs that can be created in the classroom or school for encouraging and promoting physical activity.
10. **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.
11. **Fill Up Here! poster** – advertises locations where reusable water bottles may be filled with drinking water.
12. **Media Projects handout** – Describes an activity that may be used by clubs or in classrooms in which students create media projects related to the 5210 message.
13. **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.
14. **5210 and Healthy Sleep handout** – lists ways that the 5210 behaviors support healthy sleep habits in children.
15. **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.
16. **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 school, for example close to the entrance, 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 with youth. 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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