

Date: October 24, 2016

Dear Ruckel families,

We are pleased to announce that Ruckel has teamed up with the Healthy Okaloosa program "5-2-1-0 Healthy Habits to Live By." Creating healthy habits for your child to live by is very important. The 5-2-1-0 healthy message promotes healthy growth and development, through physical activity and healthy eating. Studies have shown that children who follow a healthy lifestyle perform academically better as well as maintain overall health.

5: Eat at least 5 fruits or vegetables per day.

Limit fruit juice/ choose fresh fruit.

2: Cut screen time to 2 hours or less a day.

This includes television, computer, and video games.

1: Participate in at least one hour of moderate to vigorous physical activity every day.

Ex: Walk, bike, run, swim, play ball.

0: Restrict soda and sugar- sweetened sports or fruit drinks.

Instead encourage drinking water.

Eating healthy foods and being physically active can be a challenge in today's busy world.

We have created a plan to educate our students on Ram Friday's yet promote this lifestyle daily at school. We ask that you support and encourage your children at home as well.

Each Ram class will start a 5-2-1-0 class challenge beginning on Friday, November 4th. We ask that the students bring a healthy snack to consume during their Ram Friday classes. We encourage fresh fruit or vegetables to help stay with the 5-2-1-0 concept. We also ask that the students dispose of their trash in any out of class trash container rather than in the classroom.

The Ram Friday teacher will count the percentage of participants and the monthly winning class will receive a trophy to display in their classroom, class recognition in school's newsletter, and a coupon to visit a local business that offers physical activity. Ex. Bernie Aquatic Center, skating rink, etc. The class that participates the most by the end of the year will receive the trophy for their teacher to display as well as a class party.

Please email any questions to Kim Sallee, Ruckel's Healthy Team Director
salleek@mail.okaloosa.k12.fl.us



Healthy Habits to Live By



Fruits & Vegetables

Eat five or more fruits and vegetables every day.

- Include at least one fruit or vegetable with every meal or snack.
- Avoid frying – try steaming, baking or stir-frying.
- Try-A-Bite Rule – Offer new fruits and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.



Hours of Screen Time

Limit TV, computer, cell-phone and video game screen time (unrelated to work or school) to two hours each day.

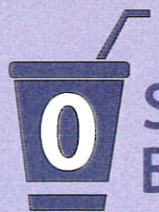
- Keep TVs and computers in a central location and out of kids' bedrooms.
- Turn off the TV during mealtime and put down hand-held devices.
- No screen time for children under 2.



Hour of Physical Activity

Be physically active at least one hour every day.

- Take gradual steps to increase physical activity levels.
- Do short amounts of activity several times a day in order to get a full 60 minutes of activity.
- Make physical activity fun – try swimming, paddle boarding, dancing or gardening.



Sugary Beverages

Try water instead of soda, sugar-sweetened tea, fruit or sports drinks.

- Encourage your family to love water. Serve it, choose it, and people will drink it. Remember, water has zero calories!
- Juice products labeled “-ade,” “drink,” or “punch” often contain mostly corn syrup sweetener and less than 5% real juice.
- Serve fat free or low fat milk to kids 2 years and older.



Exposure to Tobacco

Eliminate the use of tobacco and nicotine products and promote a tobacco free environment.

- Quitting can be very hard, but it's not impossible. Call the Florida Quitline at 1-877-U-CAN-NOW for resources and support.
- Implement and enforce a tobacco-free policy for the places you live, learn, work and play.

Join the movement for a Healthy Okaloosa by incorporating these five healthy habits into your daily routine. Creating healthy habits takes time, so start small and focus on one goal at a time. Together, we can make Okaloosa County a healthier place to live, learn, work and play.

Adapted from materials developed by Let's Go!



#HealthiestWeightFL