**MESSAGE FOR FAMILIES ABOUT THE PLEDGE**

[Date]

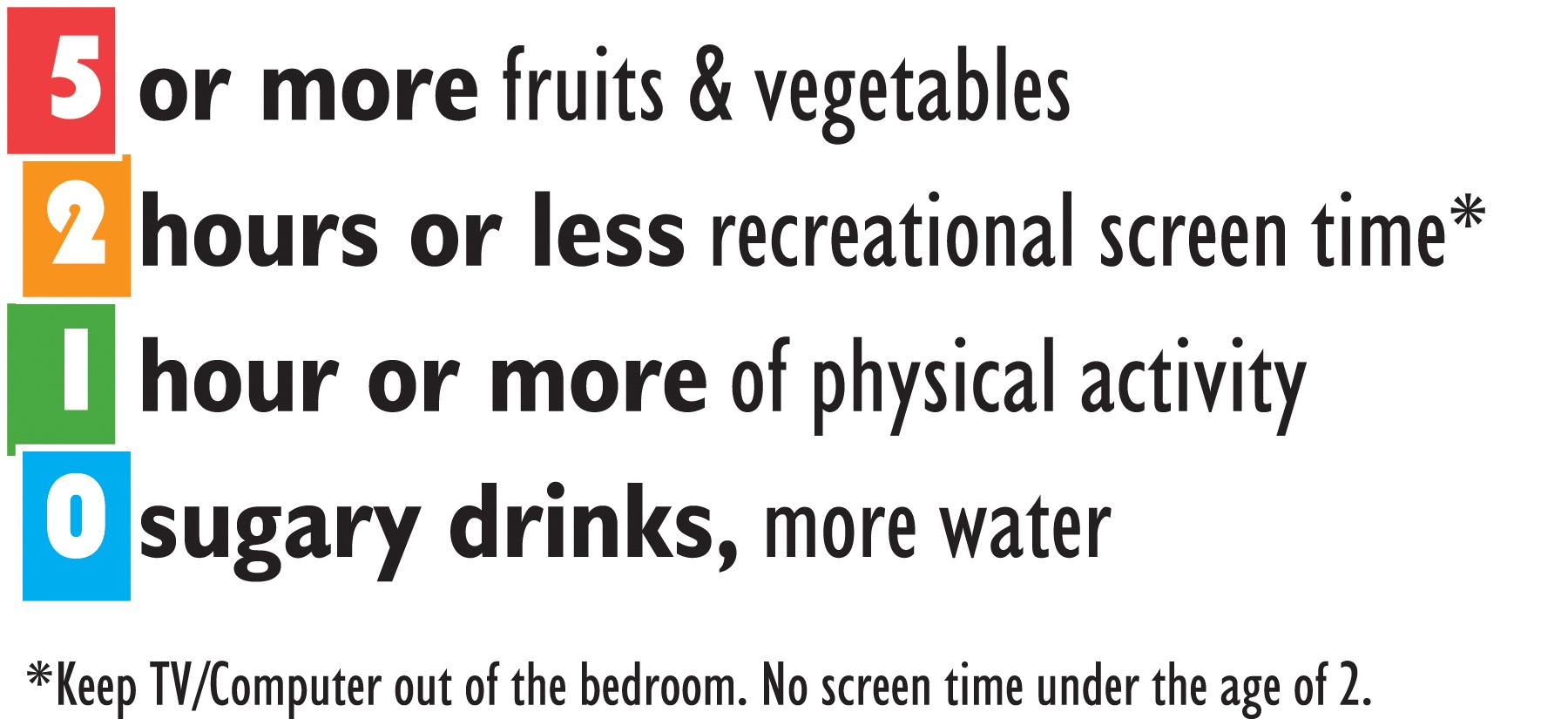
Dear Families:

Our school believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners.

To support healthy students and families, we have taken the **Jump IN Pledge for Child Care Providers** and will do our part to help you and your children make healthy choices:

* We will serve healthy meals, snacks and beverages.
* We will ensure that our students are physically active in age-appropriate ways for at least 30 minutes for every half day of care.
* We will model healthy eating habits for our children.
* We will incorporate recommended nutrition and physical activity guidelines into our policies and practices.
* We will encourage parents and caregivers to promote healthy habits at home.

We are joining other schools, child care providers, youth organizations and out of school programs in promoting the *5-2-1-0 Every Day* message:



You will receive more information about 5-2-1-0 throughout the year. If you have any questions please don’t hesitate to contact us. If you would like more information about the *Jump IN Pledge* visit www.JumpInPledge.org. Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,