



## School Pledge Starter Kit

Helping kids in central Indiana lead healthier,  
more active lives.



Families



Child Care



Youth



Schools



Employers



Faith



Community



## School Pledge Starter Kit

This Pledge Starter Kit is designed to help you develop a successful Action Plan to implement the Jump IN Pledge in your school. That Plan will help you understand what activities your school is already doing in support of these strategies and where you want to focus your efforts this year.

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**School Name:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Completed By:** \_\_\_\_\_

For assistance with your Action Plan, contact Jump IN staff at  
Pledge@jumpinhealth.org.



### Getting Started Checklist

We are so excited that you have agreed to become a Jump IN Role Model for your students! We're eager to help you get started to help your students lead healthy, active lives.

Review the list below and check off the steps as you complete them.

- We have assembled a Pledge Action Team to implement the Pledge in our school. (*This may be your school wellness council.*)
- We have made our school community (administrators, teachers, nutrition staff, students, parents and other stakeholders) aware of our participation in the Jump IN Pledge and our desire to become a Jump IN Champion.
- We are displaying the School Pledge in a prominent location.
- We have given students the chance to complete a Student 5-2-1-0 Pledge.
- We have 5-2-1-0 posters up in key locations, such as the front office, classrooms, cafeteria line and hallways.
- We have completed an Assessment of our policies and practices and have developed an Action Plan to implement healthy eating and physical activity strategies.
- We have reviewed our activities and completed the year end Progress Report.



## Using The Website



The Jump IN Pledge website ([www.JumpINPledge.org](http://www.JumpINPledge.org)) is designed to help you take all the steps you need to fulfill the Pledge and become a Jump IN Champion.

Each Step provides tips and resources that correspond to specific Pledge commitments:

Step 2: Eat & Drink Healthy

Step 3: Get Active

Step 4: Teach Healthy Habits

**Please note:** *You don't have to complete each step in this order; you should choose to work on your strategies in the order that makes the most sense for your school.*

On a regular basis, we'll share new ideas and materials with you through our email newsletter and through our blog. You can also find the latest materials on our Resource page.



### Why 5-2-1-0?

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

5-2-1-0 is an easy to remember and consistent message based on scientifically proven strategies.

**5:** A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.

**2:** Watching too much television (TV) and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.

**1:** Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.

**0:** Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of milk consumption, and dental cavities. The AAP recommends that children 1–6 years old consume no more than 4–6 ounces of 100% juice per day and youth 7–18 years old consume no more than 8–12 ounces. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

(information taken from *5-2-1-0 Let's Go*, [www.lets-go.org](http://www.lets-go.org))



# Make the Leap

## THE PLEDGE FOR Schools

We support the mission of Jump IN for Healthy Kids, and we pledge to do our part to inspire children, youth and their families to lead healthy lives in our community:

- › We will serve healthy meals and beverages in our cafeteria.
- › We will promote healthy snacks in our classrooms, vending machines, concession stands and fundraisers.
- › We will ensure that our students are physically active for at least 30 minutes during the school day.
- › We will teach our students to make healthy choices, eat nutritious foods and be physically active.
- › We will encourage parents and caregivers to promote healthy habits at home.

***We pledge to be a place where children and their families have real opportunities to make healthy choices in a healthy environment.***

---

School Name

Principal/  
Lead Teacher

Date





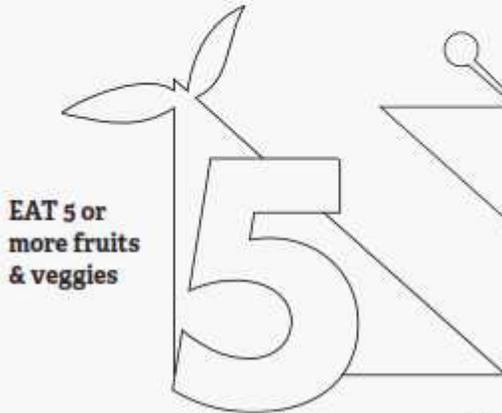
# School Pledge Starter Kit

# 5210

Every Day!

My healthy goal is to

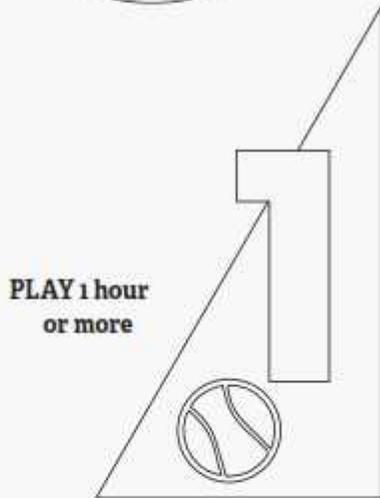
\_\_\_\_\_ every day.



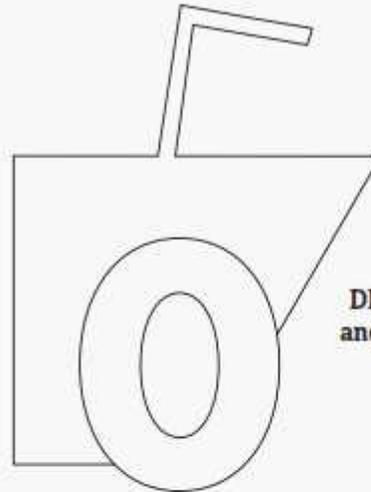
EAT 5 or more fruits & veggies



WATCH 2 hours or less of TV and video games



PLAY 1 hour or more



DRINK 0 sodas and more water



Name: \_\_\_\_\_

And \_\_\_\_\_ says he/she will help me achieve my goal.

The 5-2-1-0 pledge is a national program supported by Let's Get It! www.letsgetit.org. Images were adapted from "Overdone to Health," sponsored by WFF Indianapolis and Arthur Blue Trust and Blue Shield Foundation.



## SAMPLE LETTER TO FAMILIES ABOUT THE PLEDGE

[Date]

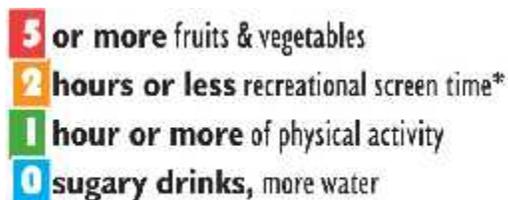
Dear Families:

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 Schools** and will do our part to help students make healthy choices:

- ❖ *We will serve healthy meals and beverages in our cafeteria.*
- ❖ *We will promote healthy snacks in our classrooms, vending machines, concession stands and fundraisers.*
- ❖ *We will ensure that our students are physically active for at least 30 minutes during the school day.*
- ❖ *We will teach our young people to make healthy choices to eat nutritious foods and be physically active.*
- ❖ *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:



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Your student 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](http://www.JumpInPledge.org). Thank you for your support in helping us create a healthier place for our students to learn!

Sincerely,

School Principal

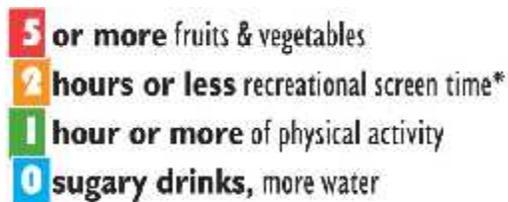


### SAMPLE NEWSLETTER ARTICLE ABOUT THE PLEDGE

On \_\_\_\_\_[date], our school joined schools all across central Indiana in taking the **Jump IN Pledge for Schools**. We have pledged to do our part to help students make healthy choices by doing the following things:

- ❖ *We will serve healthy meals and beverages in our cafeteria.*
- ❖ *We will promote healthy snacks in our classrooms, vending machines, concession stands and fundraisers.*
- ❖ *We will ensure that our students are physically active for at least 30 minutes during the school day.*
- ❖ *We will teach our young people to make healthy choices to eat nutritious foods and be physically active.*
- ❖ *We will encourage parents and caregivers to promote healthy habits at home.*

You can learn more about the Jump IN Pledge at [www.JumpINPledge.org](http://www.JumpINPledge.org). We will be promoting the 5-2-1-0 Every Day message:



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

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. Together we can create a healthier place for our students to learn!



### Assessment/Action Plan/Progress Report



- ✓ Assess Your Current Activities and Policies
- ✓ Develop an Action Plan
- ✓ Chart Your Progress Toward Your Goals

You have your Pledge Action Team in place. You've told everyone that your school is a Jump IN Role Model dedicated to helping your students be healthy and active. You're ready to become a Champion for your students.

- ✓ **Assess Your Current Activities and Policies.** Let's get started by understanding where you're already excelling, and where you need to focus more attention. The Jump IN Assessment helps you take that step by comparing your current activities with the best practices of schools like yours that share your commitment to your students' health.
- ✓ **Develop an Action Plan.** When you find areas to work on, a downloadable Action Plan template will let you set concrete, realistic goals to work on in the coming school year, with help from the many tools and resources on the Jump IN Pledge website.
- ✓ **Chart Your Progress.** Finally, at the end of the year, you'll be able to chart your Progress toward becoming a Jump IN Champion and earning recognitions and rewards for your efforts – small tokens of appreciation that recognize the greatest reward of all: your role in improving the health of your students!



# School Assessment and Action Plan

Now that you've Made the Leap and taken the Jump IN Pledge, this Assessment and Action Plan will help you review your policies and practices to understand what activities your school is already doing and where you should focus your efforts.

This easy-to-use tool tells you what standards your school should meet to fulfill the five commitments of the Pledge, how to assess your current status, and whether you've hit the target—congratulations!—or have additional things to do.





### Eat and Drink Healthy

> We will serve healthy meals and beverages in our cafeteria.

Standard	Assessment – where is your school right now?	Results
Our school offers a school meals program that meets federal meal program standards, where both breakfast and lunch are available to all students.	<input type="radio"/> Yes, standard met	<b>Congratulations!</b>
	<input type="radio"/> No, one or both meals are available only to eligible students. <input type="radio"/> No, school meals that meet federal meal standards are not available at our school.	<b>Action Plan for 2015-16:</b>
Our school promotes healthy food and beverage choices using 10 or more Smarter Lunchroom™ techniques.	<input type="radio"/> Yes, standard met	<b>Congratulations!</b>
	<input type="radio"/> No, our school deploys fewer than 10 techniques.	<b>Action Plan for 2015-16:</b>

Smarter Lunchroom™ techniques:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans)
- Sliced or cut fruit is available daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All available vegetable options have been given creative or descriptive names
- Daily vegetable options are bundled into all grab and go meals available to students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options



### Eat and Drink Healthy

> We will promote healthy snacks in our classrooms, vending machines, concession stands and fundraisers.

Standard	Assessment – where is your school right now?	Results
<p><i>Does your school exceed Smart Snacks in School standards by applying the standards to:</i></p> <p><b>...parties and celebrations</b></p> <p>Examples: parents send only healthy snacks for birthdays; school serves only healthy snacks at special events)</p>	<ul style="list-style-type: none"> <li><input type="radio"/> Yes, only Smart Snacks are offered, both during and after the school day</li> <li><input type="radio"/> No, during the school day we offer only Smart Snacks, but after the school day, unhealthy snacks are also allowed</li> <li><input type="radio"/> No, we do not require Smart Snacks at parties or celebrations</li> </ul>	<p style="text-align: center;"><b>Congratulations!</b></p> <p style="text-align: center;"><b>Action Plan for 2015-16:</b></p>
<p>...at least <b><i>one</i></b> of the following:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> all vending machines?</li> <li><input type="checkbox"/> all concession stands</li> <li><input type="checkbox"/> all fundraisers, including those off school property and after the school day ends</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Yes</li> <li><input type="radio"/> No</li> </ul>	<p style="text-align: center;"><b>Congratulations!</b></p> <p style="text-align: center;"><b>Action Plan for 2015-16:</b></p>



### Get Active

> We will ensure that our students are physically active for at least 30 minutes during the school day.

For every student...	minutes per day	x	days per week	=	minutes per week
Recess	_____		_____		_____
Physical activity breaks	_____		_____		_____
PE (count moderate-to-vigorous physical activity only)	_____		_____		_____
Other	_____		_____		_____
<div style="border: 1px solid black; padding: 5px; width: fit-content;">           If other, please describe:         </div>					
				<b>Total</b>	_____

At least 150 minutes per week, for every student	<input type="radio"/> Yes	<b>Congratulations!</b>
	<input type="radio"/> No	<b>Action Plan for 2015-16:</b>
School practices “active recess”	<input type="radio"/> Yes	<b>Congratulations!</b>
	<input type="radio"/> No	<b>Action Plan for 2015-16:</b>



### Teach Healthy Habits

> We will teach our students to make healthy choices to eat nutritious foods and be physically active.

Standard	Assessment – where is your school right now?	Results
Most teachers at our school (>50%) incorporate HE and PA topics into instruction <b><i>in classes other than health or PE.</i></b>	<input type="radio"/> Yes, >50% of teachers	<b>Congratulations!</b>
	<input type="radio"/> No, <50% of teachers	<b>Action Plan for 2015-16:</b>
Our school implements <b><i>at least one</i></b> Farm-to-School activity:  <input type="checkbox"/> Local and/or regional products are incorporated into the school meal program <input type="checkbox"/> Messages about agriculture and nutrition are reinforced throughout the learning environment	<input type="radio"/> Yes	<b>Congratulations!</b>
	<input type="radio"/> No  <input type="checkbox"/> School hosts a school garden <input type="checkbox"/> School hosts field trips to local farms <input type="checkbox"/> School utilizes promotions or special events, such as tastings, that highlight the local/regional products	<b>Action Plan for 2015-16:</b>
Nutrition services staff collaborate with teachers in <b><i>at least one</i></b> way:  <input type="checkbox"/> Participate in design and implementation of nutrition education programs <input type="checkbox"/> Provide food for use in classroom nutrition education lessons <input type="checkbox"/> Teach lessons or give presentations to students	<input type="radio"/> Yes	<b>Congratulations!</b>
	<input type="radio"/> No  <input type="checkbox"/> Provide ideas for classroom nutrition education lessons <input type="checkbox"/> Provide cafeteria tours for classes. <input type="checkbox"/> Display educational and informational materials that reinforce classroom lessons	<b>Action Plan for 2015-16:</b>
School models healthy choices for students and families in <b><i>at least one</i></b> way:  <input type="checkbox"/> School is planning or implementing a Safe Routes to School program <input type="checkbox"/> Most or all food venues outside the cafeteria offer fruit or non-fried vegetables	<input type="radio"/> Yes	<b>Congratulations!</b>
	<input type="radio"/> No  <input type="checkbox"/> School offers opportunities (other than interscholastic sports) before or after school for students to participate in moderate to vigorous physical activity	<b>Action Plan for 2015-16:</b>



### Teach Healthy Habits

> We will encourage parents and caregivers to promote healthy habits at home.

Standard	Assessment – where is your school right now?	Results
<p>School staff members provide educational materials to families about healthy eating and physical activity in at least <b>two</b> ways:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> in newsletters or e-mail messages to families</li> <li><input type="checkbox"/> at all-school events such as fairs or back-to-school days</li> <li><input type="checkbox"/> through healthy living classes such as cooking, nutrition, or fitness classes held at school</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Yes, two or more</li> <li><input type="radio"/> No, fewer than two</li> </ul>	<p><b>Congratulations!</b></p> <p><b>Action Plan for 2015-16:</b></p>
<p>Our school engages families in efforts to strengthen healthy eating and physical activity in at least <b>two</b> ways:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> at least one family member sits on our school wellness team or council</li> <li><input type="checkbox"/> family members are invited to participate and do participate in special physical activities such as walkathons, runs, or health fairs</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Yes, two or more</li> <li><input type="radio"/> No, fewer than two</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> families have specific opportunities to provide suggestions and feedback regarding school meals, snacks, and menus.</li> <li><input type="checkbox"/> school facilities are available for use and are used by community organizations that host activities for families that promote healthy eating and/or physical activity</li> </ul>	<p><b>Congratulations!</b></p> <p><b>Action Plan for 2015-16:</b></p>