Tips for Success

- Start small. Small changes really do make a difference!
- Engage senior leadership (superintendent and principal) to get their buy-in. Need help? Let us know and we'll give them a call or send them a letter!
- Create or reconvene a wellness committee to support implementation of the program. This committee could include the champion, a nurse, a physical education teacher, a health teacher, a classroom teacher, a parent, and food service staff.
- Identify a champion at the school to lead implementation of 5210 Goes to School.
- Identify a focus. Refer to the Getting Started Worksheet.
- Present implementation plans at all staff meetings and periodically update them.
- Work with the School Nutrition Director, coaches, teachers, and other staff to use consistent messaging about nutrition and physical activity.

 Ask us to help you make the connection!
- Send parents a letter announcing the program. See parent letter Stimulate curiosity from parents by having 5210 displayed outside the school.

