

Prepping Your School to Be 5210 Ready

- Hang 5210 posters throughout the school and in each classroom.
- Dedicate one or more bulletin boards to promoting the 5210 program and wellness events or activities.
- Make daily or weekly announcements about the program.
- Decorate the cafeteria with educational posters promoting physical activity and nutrition.
- Stock vending machines with healthy snacks and beverages.
- Allow the gym to be used for physical activity.
- Encourage all school staff to role model 5210 behaviors.
- Embed the 5210 message into lesson plans and the curriculum, especially in health and physical education.
- Send parent handouts home to reinforce what students are learning in the classroom.
- Urge parent associations and school clubs to support the goals of the program by limiting the sale and distribution of unhealthy high-fat, high-sugar foods and beverages. Ask us how! We are happy to work with parent associations.
- Develop collaborations with local community organizations, including recreation centers, doctors' offices, and 5210 Partnerships. These collaborations can help your school promote the messaging outside of the school day and sometimes provide funding opportunities.
- Trigger school-wide excitement about the program by planning a kickoff with skits and activities about nutrition and physical activity.

