

Hello 5/6 Grade Parents,

We are excited to announce that our school has signed up to participate in a new school wellness program called SWITCH. We value every student's health, and will be working to provide them with healthy opportunities throughout the school day. The programming will help us to create a healthy school environment, but we also want to involve parents in the project.

SWITCH stands for "School Wellness Integration Targeting Child Health." The program focuses on helping students achieve healthy amounts of physical activity, screen time, and fruits and vegetable consumption. Fittingly, the SWITCH slogan is to help students "*Switch what they Do, View, & Chew!*"

The SWITCH goals are to:

- Do: SWITCH **up to 60 minutes or more** of physical activity per day.
- View: SWITCH **down to 2 hours or less** of recreational screen time per day.
- Chew: SWITCH **up to 5 or more** servings of fruits and vegetables per day.

We will launch SWITCH on **Monday, January 20th**. Most of the programming will be coordinated at the school. However, we encourage parents to "connect" with your student on the school SWITCH website to receive weekly information about SWITCH and see what your student is doing at school with the program. Students will be tracking their Do, View, and Chew behaviors on the website in addition to making "switches" for their behavior, and you can help reinforce these behaviors at home by engaging your child in physical activity and healthy eating activities. Students can also earn 'badges' on the website if they track their behaviors each week, set "switches" for their Do, View, and Chew behaviors, and complete surveys about their perceptions about healthy eating and physical activity.

All 5/6 grade students will be logging on for the first time on January 15th to create their account. Your child will be sent home with a letter that day, Wednesday, January 15th with their login information and instructions on how you, as a parent can create an account to be further involved in the process.

Friday, January 17 we will be having a kick off event at Wapsi to get students excited for the program. Please ensure your child dresses appropriately for the weather on this day. Alternative plans will take place in the school gym if weather does not cooperate.

Thank you,
AMS SWITCH Core Team