



HORACE MITCHELL PRIMARY SCHOOL
7 MITCHELL SCHOOL LANE
KITTERY POINT, MAINE 03905



TELEPHONE 207-439-1707

FAX 207-439-9198

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Dear Families:

We are pleased to announce that we are still teamed up with *Let's Go!*, a nationally recognized program based out of The Barbara Bush Children's hospital at Maine Medical Center. *Let's Go!* is helping create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where children and their families live, learn, work, and play. *Let's Go!* is centered around the common message of 5-2-1-0.

This year we have been focusing on recess and the playground. With approval from the Leadership Team, we have developed recess guidelines and volunteer guidelines. Our goal is to teach students games that they can play independently at home and with other students. Our next steps involve recruiting volunteers and finalizing a recess game book. Exercise is a key point of the *Let's Go!* Program. If you would like to volunteer or contribute to our Recess Games book, please call the school and ask to speak with a member of the Wellness Team.

Our Nutrition Department continues to serve nutritious and delicious meals and is always looking for ways to improve. We are lucky to have such a great group working in our schools!

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

For more information about 5-2-1-0 *Let's go!* visit www.lets-go.org, or contact the *Let's Go!* staff at 207-662-3734 or info@lets-go.org.

The Horace Mitchell School Wellness Team