

Let's Go! Guide to Success

A guide to assessing your program environment & policy,
goal setting, and recognition.

OUT-OF-SCHOOL

MaineHealth

LET'S GO!

5-2-1-0

Program Year Overview

Congratulations on becoming a proud partner working with Let's Go! to enhance the environment to support youth and staff to develop healthy habits that will last a lifetime. The Let's Go! program can be woven into your existing structure and support you to build and sustain a healthy environment. Engage staff at all levels at your site. Using the team approach encourages everyone to understand they have a role to play.

Follow these steps each year:

Assess and Plan

- Complete the Strategies for Success Assessment (pages 5-8)
- Develop or revise your goal(s) where you see opportunity to enhance or improve

Promote Messages & Partnership

- Ensure 5-2-1-0 posters are in good condition and hung in key locations throughout your facility
- Send the [Message to Families](#) to all families via email or hard copy

Take Action

- Review the tools and resources available at [LetsGo.org](#)
- Participate in Let's Go! trainings and webinars to learn new ways to support your work
- Communicate with your team, staff and families on goal progress

Sustain

- Review your handbook or policy for the Let's Go! Strategies. Incorporating the strategies into policy creates and supports long-lasting environmental change.
 - Use the [Let's Go! Policy Review Checklist](#) to assess your policy

Complete the Annual Survey in the spring

Highlight Success

- Gather pictures and videos of your accomplishments to share with families in newsletters and on social media

Program Messages & Strategies

The Let's Go! 5-2-1-0 program messages are the behaviors to encourage. Let's Go! encourages you to adopt evidence-based strategies which align with national recommendations to increase healthy eating and active living. Studies have shown that these strategies can have the biggest impact on behaviors.

Program Messages



Program Strategies

- Limit unhealthy choices for snacks and celebrations; provide healthy choices.
- Limit or eliminate sugary drinks; provide water.
- Prohibit the use of food as a reward.
- Provide opportunities to get physical activity every day.
- Limit recreational screen time.

Recognition Overview

Each year, Let's Go! recognizes sites that implement the Priority Strategies, communicate Let's Go! messages, and have policies that include the strategies.

- Recognition is awarded each year.
- Sites must complete the Annual Survey in the spring to be eligible.
- Recognition levels are tiered- the criteria each level must be completed to be eligible to move up to the next level.

Bronze Implementation	To achieve Bronze: Sites must be fully implementing the Priority Strategies program-wide, as indicated by the assessment questions on pages 5-8 in this packet.
Silver Communication	To achieve Silver: Sites must meet the requirements for Bronze AND communicate Let's Go! messages in each of the following ways: <ol style="list-style-type: none">1. Display 5-2-1-0 posters2. Send home the Message to Families to all families via email or hard copy3. Share the Message to Families in one additional way (such as post on a bulletin boards, Facebook post, newsletter, etc.)
Gold Policy	To achieve Gold: Sites must meet the requirements for Bronze and Silver AND have the Priority Strategies incorporated into their organization policy or by adopting the Let's Go! Policy Addendum .

Recognized Sites are publicly acknowledged in the following ways:

- [Listed as a Site of Distinction on the Let's Go! website](#)
- [Promoted on Let's Go! social media](#)
- Provided a Let's Go! certificate of recognition

Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Definitions

- Unhealthy choices: food & drink high in sugar and/or salt, such as candy, cookies, cake, ice cream, chips, soda, etc.
- Healthy choices: water, fruits, vegetables, whole grain foods, lean protein, and healthy fats
- Limit: a restriction on the amount

Does your program limit unhealthy choices for snacks?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Not applicable, our program never serves food or drink for snacks
- Don't know

Does your program limit unhealthy choices for celebrations?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Not applicable, our program never serves food or drink at celebrations
- Don't know

Tips for Success!

- Share the [Snacks to Fuel Your Brain](#) resource with families
- Use the [Healthy Party Sign-Up Sheet](#) for your next celebration

Limit or eliminate sugary drinks, provide water.

Definitions

- Sugary drinks: juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, etc.
- Limit: a restriction on the amount

Does your program limit sugary drinks?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Not applicable, our program never serves food or drink for snacks
- Don't know

Does your program limit 100% juice to one 8-ounce serving or less, per day?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Not applicable, our program never serves 100% juice
- Don't know

Does your program promote drinking water during the day?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Don't know

Tips for Success!

- Provide water breaks throughout the program day
- Allow children & youth to carry water bottles
- Ensure water is visible and readily available

Prohibit the use of food as a reward.

Definitions

- Food reward: a food used to encourage good behavior

Does your program prohibit staff from using food as a reward?

- No
- Yes, program-wide
- Don't know

Tips for Success!

- Increase staff knowledge by sharing information on the importance of non-food rewards
- Involve staff to implement non-food strategies into Behavior Intervention Plans. Use the [Let's Go! Intellectual & Developmental Disabilities \(I/DD\) Tools](#) for ways to reduce the use of food rewards
- Use an extra physical activity free play or outside time as a reward

Provide opportunities to get physical activity every day.

Definitions

- Physical activity: any movement that increases heart rate and breathing, such as running, climbing, jumping, dancing, etc.

Does your program provide opportunities to get physical activity every day?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Don't know

Tips for Success!

- Schedule physical activity into the program day
- Plan adult-led active play and free play into physical activity times
- Reference the [Let's Go! Intellectual & Developmental Disabilities \(I/DD\) Tools](#) for ways to adapt or modify activities to include children with I/DD
- Encourage staff at your program not to take away physical activity time as a punishment for bad behavior

Limit recreational screen time.

Definitions

- Recreational screen time: screen time used for non-educational purposes
- Screens: television, video games, computers, tablets, and smartphones
- Limit: a restriction on the amount

Does your program limit recreation screen time to 2 hours or less each week?

- No
- Yes, some staff (less than 50%)
- Yes, most staff (50% or more)
- Yes, program-wide (100%)
- Not applicable, our program does not have any screens
- Don't know

Tips for Success!

- Limit recreational screen time during free time
- Limit recreational screen time for indoor program days due to inclement weather

Program Goals Sample

Based on your assessment, select the Priority Strategies on which you want to focus this program year.

- Limit unhealthy choices for snacks and celebrations; provide healthy choices.
- Limit or eliminate sugary drinks; provide water.
- Prohibit the use of food as a reward.
- Provide opportunities to get physical activity every day.
- Limit recreational screen time.
- Other _____

What is your Goal? Establish a healthy celebration protocol for our program.		
Tasks:	Who will complete?	By when?
<input type="checkbox"/> Use the Healthy Party Sign-Up Sheet for all celebrations where families send in food.	Sam, Let's Go! Coordinator Alex, Site Champion	Feb 10
<input type="checkbox"/> Send home the Healthy Celebrations letter to all families.	Alex, Site Champion & Staff	Feb 10
<input type="checkbox"/> Review and incorporate healthy celebration language into program policy & handbook.	Alex, Site Champion Director & other staff	May 1

What is your Goal? Participate in National Screen-Free week.		
Tasks:	Who will complete?	By when?
<input type="checkbox"/> Select resources from Let's Go! Toolkit to share with families.	Sam, Let's Go! Coordinator Alex, Site Champion	April 15
<input type="checkbox"/> Post on Facebook page week of Screen-Free week reminding families (<i>Sam will send content</i>)	Sam, Let's Go! Coordinator Alex, Site Champion	April 25
<input type="checkbox"/> Work with Director to get approval and appropriate staff to complete communication sharing.	Alex, Site Champion Director & other staff	April 28
<input type="checkbox"/> Send home and post on Facebook about our participation in Screen-Free Week.	Sam, Let's Go! Coordinator Alex, Site Champion Director & other staff	April 30

Program Goals

Based on your assessment, select the Priority Strategies on which you want to focus this program year.

- Limit unhealthy choices for snacks and celebrations; provide healthy choices.
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- Provide opportunities to get physical activity every day.
- Limit recreational screen time.
- Other _____

What is your Goal?		
Tasks:	Who will complete?	By when?
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

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Tasks:	Who will complete?	By when?
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<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Let's Go! Policy Review Checklist

Let's Go! can help your program build and sustain an environment where the healthy choice is the easy choice through the development of strong policies. Use this checklist to review your program policy for the Priority Strategies.

Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Policy states the program limits unhealthy choices OR the program provides only healthy choices for snacks and celebrations.

Policy language may include phrases like:

- o [Name of program] limits unhealthy choices for snacks and celebrations.
- o [Name of program] only provides healthy choices for snacks and celebrations.

Limit or eliminate sugary drinks; provide water.

- Policy states the program limits sugary drinks.

Policy language may include phrases like:

- o [Name of program] limits sugary drinks.
- o [Name of program] only provides water and milk as beverage options.

Prohibit the use of food as a reward.

- Policy states using food as a reward is not allowed at the site.

Policy language may include phrases like:

- o At [Name of program] we prohibit the use of food as a reward.
- o [Name of program] does not use food as a reward.

Provide opportunities to get physical activity every day.

- Policy states children/youth are given opportunities for physical activity every day.

Policy language may include phrases like:

- o [Name of program] provides children/youth opportunities to get physical activity every day.

Limit recreational screen time.

- Policy states recreational screen time is limited.

Policy language may include phrases like:

- o [Name of program] limits recreational screen time.
- o At [Name of program] we do not have any screen time for children/youth.