

Let's Go! Guide to Success

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

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 students 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 school environment.

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 school
- Send the [Message to Families](#) to all families via email or hard copy

Take Action

- Review the tools and resources available at [LetsGo.org](https://lets-go.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

Collaborate Across the District

- Participate in or help establish a building and/or district wellness team to build consistency with healthy eating and physical activity
- Connect with other schools, departments and students to share ideas, leverage resources for mutual projects

Sustain

- Ensure district wellness policy complies with state and federal mandates

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: A school must be fully implementing the Priority Strategies by most staff or school-wide, as indicated by the assessment questions on pages 5-8 in this packet.
Silver Communication	To achieve Silver: A school 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: A school must meet the requirements for Bronze and Silver AND have a staff member actively participate on the district wellness committee.

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 school encourage all families to limit unhealthy choices for snacks that are brought in from home? (Example: send home suggestions of healthy snacks in school communication channels)

- No
- Yes
- Don't know

Does your school 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 school never serves food or drink at celebrations
- Don't know

Does your school encourage all families to limit unhealthy choices for school celebrations that are brought in from home?

- No
- Yes
- Not applicable, our school does not have food or drinks 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
- Collaborate with School Nutrition Program to cater the celebration and or conduct a taste test for healthy snack.

Limit or eliminate sugary drinks, provide water.

Definitions

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

Does staff at your school promote drinking water during the school day?

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

Does your school encourage all families to limit or eliminate sugary drinks brought in from home?

- No
- Yes
- Don't know

Tips for Success!

- Set a water-only guideline for classrooms
- Allow students to carry water bottles
- Ensure water fountains and water bottle filling stations are clean and in good working order
- Provide water breaks
- Share information with families about limiting sugary drinks and the importance of water

Prohibit the use of food as a reward.

Definitions

- Food reward: a food used to encourage good behavior

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

- No
- Yes
- 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, recess 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 staff at your school provide opportunities to get physical activity every school day, not including recess?

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

Tips for Success!

- Schedule physical activity into the school day and/or curriculum
- Work with Administration to adopt a daily Physical Education class structure
- Utilize the [Let's Go! Intellectual & Developmental Disabilities \(I/DD\) Tools](#) for ways to adapt or modify activities to include students with I/DD
- Encourage staff at your program to not to take away recess or Physical Education class 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 school limit recreation screen time?

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

Does your school support all families in limiting recreation screen time?

- No
- Yes
- Don't know

Tips for Success!

- Limit recreational screen time during student free time
- Limit recreational screen time for indoor recess due to inclement weather or with substitute teachers
- Share [Ideas for Screen-Free Activities](#) with families
- Host a school-wide screen time challenge

School 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 school.		
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 district policy & school handbook.	Alex, Site Champion District Wellness Team	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 Principal to get approval and appropriate staff to complete communication sharing.	Alex, Site Champion Principal & 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 Principal & other staff	April 30

School Goals

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- Other _____

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

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