

A Message to Families

Dear Families,

Our school believes that all students deserve the opportunity to be healthy and successful. Healthy eating and physical activity can improve concentration, memory, mood, and help increase student readiness to learn. Our school is a proud partner with Let's Go!, a community program helping us make our learning environment a healthier place. The Let's Go! program message is:



To further support healthy students, staff, and families, our school follows the five Let's Go! healthy strategies.

1. We limit unhealthy choices for snacks and celebrations and promote healthy choices.
2. We limit or eliminate sugary drinks and provide water instead.
3. We do not reward children with food.
4. We provide opportunities to get physical activity every day.
5. We limit recreational screen time.

These strategies are promoted in our community and help ensure a healthy environment for students throughout the day. If you have any questions don't hesitate to contact us. If you would like more information about Let's Go! visit LetsGo.org. Thank you for your support in helping us create a healthier place for our students to grow!

MaineHealth

LET'S GO!

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