

The Let's Go!

CHAMPION AND TEAM

Let's Go! reaches out to site Champions regularly throughout the year to see how we can best support your efforts. Back and forth communication is expected and will help form a supportive, ongoing relationship.

we're
here to
support
you

What is a Let's Go! Champion?

Every one of the Let's Go! registered sites identifies a Champion to lead their site through the 5 Step Path to Success. The Champion should be someone who is at the site daily and who knows and can help influence the healthy eating and physical activity practices at the site. The importance of this role cannot be overstated—Let's Go! Champions are leading the way to a healthier generation of kids!

Role of the Let's Go! Champion in the Out-of-School Setting

As a 5-2-1-0 Goes Out-of-School Champion, you are leading the positive changes in your program environment. Your role as the Champion includes:

- Signing your site up with the local Let's Go! Coordinator, listing yourself as the Let's Go! Champion, and providing your contact information.
- Reviewing the Let's Go! Guide to Success each year with your team and determining what your site wants to achieve that year.
- Ensuring that parents and all staff are aware of and, if possible, included in the work.
- Being responsible for sharing the 5-2-1-0 message and Let's Go! resources with parents and staff.
- Reaching out to your Let's Go! Coordinator with any questions, challenges, or successes you come across in your efforts to increase healthy eating and physical activity.
- Completing the Let's Go! Survey each spring with the assistance of your team.

Role of the Let's Go! team

While there can only be one "official" Let's Go! Champion at each site, sites are encouraged to gather a team to help support the Champion's efforts. Let's Go! data shows that sites that have a team are able to make more improvements than those that don't have a team.

The team can include a variety of individuals that are involved with the program (e.g. staff, parents, senior leadership, kids, and community members) and that share the vision of creating healthier environments for kids. How often a team meets is dependent on the goals of the group and the availability of the team members.

MaineHealth

LET'S GO!

5-2-1-0