

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

MaineHealth  
**LET'S GO!**  
5-2-1-0

## What is a Let's Go! Champion?

Every one of the Let's Go! registered schools has a Champion to lead their school through the 5 Step Path to Success. The Champion should be someone who is at the school daily and who knows and can help influence the healthy eating and physical activity practices at the school. 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 School

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

- Signing your school up with the local Let's Go! Coordinator, listing yourself as the Let's Go! champion, and giving your contact information.
- Reviewing the Let's Go! Guide to Success each year with your team and determining what your school wants to achieve that year.
- Ensuring that parents, administrators, 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, schools are encouraged to gather a team to help support the Champion's efforts. Let's Go! data shows that schools that have a team are able to make more improvements than those that don't have a team.

The Let's Go! (or 5-2-1-0) team can be an already existing team (e.g. wellness team, parent advisory group, leadership team, etc...), or it could be a newly created one. The team could include a variety of individuals that are part of the school in some way (e.g. teachers, administrators, parents, staff, and students) and share the vision of creating a healthier school environment. How often a team meets is dependent on the goals of the group and the availability of the team members.