**Heart Healthy Schools Program**

Dear Parents/Guardians,

This letter is to inform you that **Nelson Rural** is participating in the Heart Healthy Schools program! This program promotes the 5-2-1-0 message for a healthy lifestyle; which stands for **5 fruits and vegetables each day**, less than 2 hours of screen time, 1 or more hours of physical activity and 0 sugar sweetened beverages.

The goal is make the healthy choice the easiest and most popular choice available, in a way that is fun and engaging for students!

There will be 4 school-wide challenges that your child(ren) will be invited to participate in. We will start with the **5 Fruits and Vegetables a day Challenge**. It will begin on Nov 2nd and run for the week. Here is a link to watch a video which will explain why it is important to do so. <http://youtu.be/7F3SfAzqxJ4>

Also it would be a big help if our students could bring in their own utensils from home when eating at the cafeteria as it would cut down on the amount of plastic we are throwing out. Everyone can do their part – Let's Go Raiders!

Thank you so much in advance for your co-operation in helping make **Nelson Rural** a healthier environment for your child!

Sincerely,

Nelson Rural School Staff

