

Fuel up to Play 60 Program

The Rains Independent School District is taking the lead for student health by participating in a nationwide wellness initiative. Community-focused and fun, Fuel Up to Play 60 is activating schools and communities to support school wellness initiatives, good nutrition and physical activity, which help educate students and curb obesity. In partnership with the National Dairy Council (NDC) and the National Football League (NFL), Dairy MAX, and the Texas AgriLife Extension Service, Rains ISD and its students are recruiting friends, parents, teachers and business and community leaders to join them in pledging to adopt healthier behaviors, such as choosing foods encouraged by the United States Department of Agriculture, which has also joined the initiative, and committing to 60 minutes of physical activity every day.

The program includes a menu of Fuel Up to Play 60 Kickoff ideas and fun Healthy Eating and Physical Activity "Plays"-- strategies that encourage students to "get up and play" for 60 minutes a day and to "fuel up" with the nutrient-rich foods kids don't get enough of, such as low-fat and fat-free dairy foods, fruits, vegetables and whole grains. Fuel Up to Play 60 empowers students to make their own healthy choices while providing support to all of the wellness champions on our home team!

This program is not new to our district, but this will be the first year all four campuses will be participating. During the Rains Teacher In-Service training, I held two different sessions to familiarize our teachers and staff on the program, its benefits, and my vision of all campuses working together with the community to make this program a huge success in our county. Our agency is working closely with Dairy MAX our local Dairy Council, to help our physical education teachers, classroom teachers, and cafeteria staff as they work together as a team to bring this exciting program to life.

Very soon I will be joining with the school staff to begin the activities and education for the Fuel up to Play 60 Program. As your child brings home handouts or shares with you what we are doing, please encourage them and even join in by extending the activities into your own family meal time and get moving with some physical activities at home.

"Our school is in a unique position to influence the eating and physical activity habits of students," says Susie Girder, Assistant Superintendent of Curriculum/Instruction. "We need community-wide support to help our students build positive, lifelong habits, and Fuel Up to Play 60 provides the healthy messages, resources and activities we need to get started."

We encourage parents and community members to go to [FuelUpToPlay 60.com](http://FuelUpToPlay60.com) and learn more about the program. Let's help everyone Fuel Up to Play 60 with nutrient-rich foods and daily activity – and learn lessons we'll use every season of our lives.

For more information about the Fuel up to Play 60 Program, please feel free to call the Texas AgriLife Extension Service at 903-473-4580.

