



October 2012

Dear Parents and Guardians,

The National Dairy Council (NDC) and the National Football League (NFL) in collaboration with the U.S. Department of Agriculture (USDA) are making a long-term commitment to America's youth with a school-based nutrition and fitness initiative called Fuel Up to Play 60. The initiative gets students involved in creating a healthier school environment that promotes student health, learning and achievement. Fuel Up to Play 60 encourages students to choose more nutritious foods (including low-fat and fat free dairy foods, fruits, vegetables, and whole grains), get 60 minutes of physical activity every day, and encourage their friends, family and entire school to join them!

Greenfield Elementary will once again participate as a Fuel Up to Play 60 school. We, as a school, are taking a pledge to work together to impact the overall health and wellness of our students. We are currently in the process of forming a team of students that will come up with creative ideas for activities to promote health and wellness throughout the school. The kickoff of the Fuel Up to Play 60 program is tentatively scheduled to take place the week before the 2013 Super bowl. However, activities such as taste testing, nutrition trivia, and physical activity events will take place in the months of November, December and January. Please look for additional information to follow. Also check out my class wiki page at <http://digiovanni12.wikis.birmingham.k12.mi.us/home>.

Thank you for your support!

Sincerely,

*Derek DiGiovanni*

Derek DiGiovanni  
Physical Education Teacher