

Dear Parents/Caregivers of Preschoolers through 2nd Graders, (please turn over if your child is in 3rd-6th grade)

During the current school year, students across Kansas will be involved in **Kansas Get Moving**, a program centrally administered by the **University of Kansas**, funded by the Sunflower Foundation, and implemented by a "site coordinator" (PE teacher, school nurse, or after-school program director). Your child's school or after-school program has chosen to participate in **Kansas Get Moving**.

The goals of Kansas Get Moving are the following:

1. Increase daily physical activity outside of school.
2. Increase consumption of dairy products and fruits and vegetables while reducing the amount of soda, junk food, and fast food consumed, and to decrease sedentary activity.
3. Encourage families to adopt healthier eating habits and to increase their daily physical activity together.

Students are asked to take a few minutes each day to record their health habits on an energy card. Students will be awarded small tokens for turning in the card and for their score on each card. Each time a student turns in a completed card, he/she will be given another card to continue the program.

The following is general information that will assist you in filling out the Kansas Get Moving Cards: The tennis shoe, apples/carrot, milk/cheese, soda, and television/remote are icons on the energy card that the student should place an "X" over as he/she meets the behavior goals listed below. **IN ORDER TO RECORD A DAY ON THE CARD, THE STUDENT MUST PARTICIPATE IN SOME TYPE OF PHYSICAL ACTIVITY (SEE TENNIS SHOE) OUTSIDE OF SCHOOL HOURS.** Recess and activities done during school cannot count toward this goal.

Tennis Shoe: Students place an "X" over the tennis shoe if they were physically active outside of school hours on that day. Physical activities that can be counted are large muscle activities that include (but are not limited to) the following: baseball, basketball, bike riding, dance, football, gymnastics, hiking, hockey, jogging, jumping rope, kickball, martial arts, running, softball, soccer, swimming, skating, push scooter riding, skiing, trampoline jumping, tennis. A student must meet this goal in order to record a day and mark other behaviors.

Apples/Carrot: Students mark an "X" if they ate any fruits and vegetables that day. This includes fruit and vegetable juices.

Milk/Cheese: Students mark an "X" if they consumed any dairy products (milk, cheese, yogurt) that day.

Candy Bar: Students mark an "X" if they limited their consumption of "junk foods" and "fast foods" that day. These are foods that have little nutritional value and may be high in fat and/or calories. These would include fast food, candy, fried foods, chips, french fries, etc. Example: If a child usually eats a candy bar after lunch each day, skipping the candy bar or replacing with a healthy snack would count as meeting this behavior goal.

Soda: Students mark an "X" if they did not drink a soda that day. By significantly reducing or eliminating drinking soda, students will naturally make the healthy choice to drink more water, milk and juice.

Television/remote: Students mark an "X" if they limited their amount of sedentary activities for that day. This includes long periods of television viewing, computer and video game playing, etc. These activities do not aid the body as sleep/rest does but minimizes time spent participating in physical activity after school.

Date and Adult Initial: A student must do physical activity on that day in order to record the date or mark any other icons. Students or parents date each entry that is recorded. Cards are turned in only after ten days are recorded. This could take ten days or it could take several weeks depending how often the student does physical activity and how often the student chooses to record. It is important for accuracy and proper learning that the student records only one day at a time, instead of trying to remember the past several days. It is important that an adult initials each day as it is recorded. This also is a good time for parents to give students feedback and to encourage continued healthy eating and activity habits. **Please make sure the child's first and last name is printed legibly on the card.**

Parent signature: Before each card is turned in, a parent's signature is required. Signing the card means you agree that this student has completed the card honestly to the best of your knowledge.

Buddy card information: If the student encourages a family member or friend that is not involved in the program to also participate and fill out a card, the student can earn additional tokens for turning in their card with a buddy card. All buddy cards are blue. The buddy should write the student's name, buddy's name, and type of buddy (i.e. father, mother, etc.) on the buddy card. **Thank you for encouraging your child to participate in a program that promotes healthy lifestyle choices and life-long habits! This program is voluntary. A student can choose to fill out a card or stop completing cards at any time.**

(please turn over if your child is in 3rd-6th grade)

Dear Parents/Caregivers of 3rd through 6th Graders, (please turn over if your child is in PreK-2nd grade)

During the current school year, students across Kansas will be involved in Kansas Get Moving, a program centrally administered by the University of Kansas, funded by the Sunflower Foundation, and implemented by a "site coordinator" (PE teacher, school nurse, or after-school program director). Your child's school or after-school program has chosen to participate in Kansas Get Moving.

The goals of Kansas Get Moving are the following:

1. Increase daily physical activity outside of school.
2. Increase consumption of dairy products and fruits and vegetables while reducing the amount of soda, junk food, and fast food consumed, and to decrease sedentary activity.
3. Encourage families to adapt healthier eating habits and to increase their daily physical activity together.

Students are asked to take a few minutes each day to record their health habits on an energy card. Students will be awarded small tokens for turning in completed cards and for their score on each card. Each time a student turns in a completed card, he/she will be given another card to continue the program. The following is general information that will assist you in filling out the Kansas Get Moving Cards:

List Physical Activity: Students list the physical activities in which they participated in outside of school hours that day for at least 30 minutes. Recess and school activities cannot count toward the physical activity goal. Physical activities that can be listed are large muscle activities that include (but are not limited to) the following: baseball, basketball, bike riding, dance, football, gymnastics, hiking, hockey, jogging, jumping rope, kickball, martial arts, running, softball, soccer, swimming, skating, push scooter riding, skiing, trampoline jumping, tennis. In order to record a day on the card or mark other behaviors, the student must participate in at least 30 minutes of physical activity outside of school hours.

For the following icons (i.e. apples/carrot, milk/cheese, candy bar, soda, TV/remote),, if the goal is achieved, the student marks an X in the box for that day. The goals also are listed on the back of the Energy Card:

--**Apples/Carrot:** One serving size = For fruits: 1 med. apple, banana or orange; ½ cup chopped, cooked or canned fruit; ¼ cup of fruit juice. For vegetables: 1 cup raw leafy vegetables; ½ cup other vegetables cooked, chopped or raw; ¼ cup of vegetable juice. The goal is 4 servings of fruits/vegetables per day.

--**Milk/Cheese:** One serving size = 1 cup of milk or yogurt; 1 ½ oz. natural cheese; 2 oz. processed cheese. The goal is 3 servings per day.

--**Candy Bar:** These are choices that have little or no nutritive value and may be high in calories and/or fats. These include most fast foods, fried foods, french fries, chips, candy, and most desserts. The goal is 2 or less servings per day.

--**Soda:** By significantly reducing or eliminating drinking soda, students will naturally make the healthy choice to drink more water, milk and juice. The goal is zero servings a day.

--**TV/remote:** This includes long periods of television viewing, computer and video game playing, etc. These activities do not aid the body as sleep/rest but minimizes the amount of physical activity the student does after school and on weekends. The goal is 2 or less hours per day.

Date and Adult Initial: The student must meet the physical activity goal before he/she can record a date. Students or parents enter each date that behaviors are recorded. Cards are turned in only after ten days are recorded. This could take ten days or it could take several weeks depending how often the student meets the physical activity goal and chooses to record. It is important for accuracy and proper learning that the student records only one day at a time, instead of trying to remember the past several days. An adult should initial each day as it is recorded. This is a good time for parents to give students feedback and to encourage continued healthy eating and activity habits. Please make sure the child's first and last name is printed legibly on the card.

Parent signature: Before each card is turned in, a parent's signature is required. Signing the card means you agree that this student has completed the card honestly to the best of your knowledge.

Buddy card information: If the student encourages a family member or friend that is not involved in the program to also participate and fill out a card, the student can earn additional tokens for turning in their card with a buddy card. All buddy cards are blue. The buddy should write the student's name, buddy's name, and type of buddy (i.e. father, mother, etc.) on the buddy card. Thank you for encouraging your child to participate in a program that promotes healthy lifestyle choices and life-long habits! This program is voluntary. A student can choose to fill out a card or stop completing cards at any time.

(please turn over if your child is in PreK-2nd grade)