

# Wellness Policy

## Wellness Policies Begin at Home

CCA implemented a wellness policy three years ago. It describes the school's approach regarding student nutrition and physical activity. The policy itself will be available on the school's website within the next few weeks. Upon review of the policy, parents may be wondering where they can go for further information concerning the healthy choices available to them relating to their child(ren)'s well being.

The Maine Medical Center has adopted an excellent program. The Lets Go Program has developed the 5-2-1-0 message to families in their state.

- 5 - Eat five servings of fruits and vegetables a day.
- 2 - Limit TV and computer use (not related to school) to two hours or less a day.
- 1 - Get one hour or more of physical activity every day.
- 0 - Drink less sugar. Try water and low fat milk instead of soda and drinks with lots of sugar.

The 5-2-1-0 message is a great way to present a guideline for healthy choices to our kids.

More details can be found at [www.lets-go.org](http://www.lets-go.org). Some of the questions on this website include:

How many fruits and vegetables do you eat per day?

How many times a week do you eat dinner at the table with your family? (Do not forget about the parenting opportunities that can arise from this!)

How many times per week do you eat fast food or take out food?

How much time do you spend in active play?

How many eight-ounce servings of the following do you consume per day:

100% Juice	Fruit Drinks	Whole Milk	Nonfat or
Water	Sport Drinks	Soda	Reduced Fat Milk

These are challenging questions to be sure! Parents need to relate to their kids that they can certainly honor God by taking care of their bodies. A healthy body is so much more useful to serving the Lord than one that is compromised by decisions necessitated by convenience.

Let's go! Eat right, be active, and get healthy at [www.lets-go.org](http://www.lets-go.org).