

# Prepping Your School to be 5-2-1-0 Ready

- Hang 5-2-1-0 posters throughout the school and in each classroom.
- Dedicate one or more bulletin boards to promoting the 5-2-1-0 program and wellness events or activities.
- Make daily or weekly announcements about the program.
- Allow the gym to be used as a classroom reward.
- Decorate the cafeteria with educational posters promoting physical activity and healthy eating.
- Stock vending machines with healthy snacks and beverages.
- Encourage all school staff to role model 5-2-1-0 behaviors.
- Embed the 5-2-1-0 message into lesson plans and the curriculum, especially in health and physical education.
- Provide trainings for staff to fully educate them on the 5-2-1-0 program.
- Send parent handouts home to reinforce what children are learning in the classroom.
- Urge parents associations and school clubs to support the goals of the program by limiting the sale and distribution of unhealthy high-fat, high-sugar foods and beverages. Ask us how! We are happy to work with parent associations.
- Trigger school-wide excitement about the program by planning a kick-off with skits and activities about nutrition and physical activity.

