

## Steps to Become a Power Partner

As a *Children's Power Play! Campaign Power Partner*, you agree to achieve the following goals in the 2010-11 school year:

1. Conduct all **ten** classroom-based activities from the *Children's Power Play! Campaign's School Idea & Resource Kits* with a minimum of 50% of the fourth- and fifth-grade students in your school. (Participation will be validated by the return of Participation Forms to the *Campaign Coordinator*.)

As your partner, the *Children's Power Play! Campaign Coordinator* agrees to assist you in achieving your goals by providing the following:

I want to make my school a healthier place for students to learn and grow. I agree to achieve, with the support of my *Children's Power Play! Campaign Coordinator*, the goals as outlined in this brochure.

\_\_\_\_\_  
*School Representative*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Children's Power Play! Campaign Coordinator*

\_\_\_\_\_  
*Date*



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Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



## Grow Healthy Children with Fruits, Vegetables and *Power Play!*



***Network for a Healthy California—  
Children's Power Play! Campaign***

## What is the Children's Power Play! Campaign?

The *Network for a Healthy California—Children's Power Play! Campaign* works together with qualifying\* elementary schools to give you the tools you need to empower your **fourth and fifth grade students** to make healthy lifestyle choices.

### Resources

- *School Idea & Resource Kit*
- *4<sup>th</sup> Grade Student Workbooks*
- *5<sup>th</sup> Grade Student Workbooks*
- *Power Up for Learning* physical activity supplement
- Parent Brochures



\* Qualifying: At least 50% of students must be enrolled in the free/reduced price meal program.

The *School Idea & Resource Kits* and *Power Up for Learning* physical activity supplement are filled with activities that encourage students to eat the recommended amount of fruits and vegetables and enjoy 60 minutes of physical activity every day. The lessons are:

- laid out in an easy-to-use format;
- linked to California Content Standards in Mathematics, English/Language Arts, Health Education, and Physical Education;
- developed and evaluated by a trusted source—the California Department of Public Health; and
- easy to integrate into your current curriculum.



## Be a Champion for Change. Become a Power Partner!

As a Power Partner, your school will receive additional support to help your kids power up with fruits and veggies! Together we can make nutrition and physical activity fun by celebrating these events:

- Health Fairs
- Open House
- Back to School Night
- Lucky Lunch Tray Days
- Parent/Teacher Conferences
- Nutrition Decathlon
- Smoothie Party
- KID HEALTHY Campaign kick-off
- Other events for parents & children



In addition, the *Campaign* will offer community connections to local grocery stores, farmers' markets, and restaurants for tours and guest speakers.