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FOR ADDITIONAL INFORMATION PLEASE CONTACT:

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Washington Elementary Fuels Up for 2015

Washington Elementary School is pleased to announce their participation in the Fuel Up to Play 60 program for the second year in a row. Students kicked off participation Monday, Jan. 26th, with a basketball contest.

Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, which empowers students to take charge in making small, everyday changes at school. All Charlotte, Mich., public elementary schools are participating in the program coordinated and supported by Deb Dillon, MS, RDN, a clinical dietitian with Hayes Green Beach Memorial Hospital.



Students in the program are rewarded with prizes for choosing healthier meal options at school and being active for at least 60 minutes each day. It is broken into six steps:

1. Join the league
2. Build teams and draft players
3. Kickoff
4. Survey the field
5. Game time
6. Light up the scoreboard

Washington Elementary has accomplished steps one through four; now it is game time.

“Our physical education teacher, Paul Davis, and HGB’s support, have been instrumental in the success of the program for our school,” said Mark Short, Washington Elementary principal. “This program helps teach students the importance of a healthy and active lifestyle, while making it fun and enjoyable with rewards and prizes along the way.”

Washington Elementary is providing teachers with the tools needed to help students be active during class breaks, as well as remodeling its cafeteria, through grants provided by the Fuel Up to Play 60 program.

The remodeling began in December through volunteer hours provided by teachers over the holiday break when they helped paint the cafeteria.

To learn more about the Fuel Up to Play 60 program, visit www.fueluptoplay60.com.