

5210 Core Activity Descriptions

* **School Staff 5210 meeting-** A 30 minute orientation to all school staff prior to launch of campaign. Explanation of campaign components, timeline, available resources, and ways the school can support the 5210 message.

* **Pre/Post Survey-** Brief (10 question) surveys to be taken by 5th graders prior to launch of campaign and again during the last 2 weeks of the school year. The surveys help to understand students behaviors related to fruit and vegetable consumption, physical activity, screen time and consumption of sugary beverages. The surveys are important to help understand the impact of the campaign.

* **5210 Launch Assembly-** A 30 minute introduction to the 5210 message and activities to be scheduled for the 1st month of participation in the 5210 campaign. Assembly to be provided by PAMF/ECH staff.

***Poster contest-** Students (all grades) are encouraged to participate in a poster-making/social marketing contest. Student-created posters are to serve as daily reminders for the 5210 messages in the school cafeteria, school office and nurse's office. Selected 5210 posters from the school will be used to create a vinyl banner which is to hang on a community facing wall or fence of the school. The poster contest is not intended to detract from class room time; this activity is intended to be done at home or in afterschool programs.

***Bracelet campaign-**Students (grades 4 and 5 only) and staff are encouraged to participate in a goal-tracking activity. Each month during January (5), February (2), March (1), and April (0) there will be a goal-setting activity focused on one of the numbers of the program. Each student who completes the goal for the month will receive a colored bracelet with a 5210 message. Students who receive all 4 of the 5210 bracelets will receive a 5210 prize bag. The goal setting bracelet activities are to be done at home.

***5th Grade nutrition lessons-** Each 5th grade class at participating schools will participate in a series of classroom nutrition lessons. There will be a total of 5 lessons that will each be 50 minutes in length and will take place once each week for 5 consecutive weeks. Lesson topics will include: Understanding the food groups and the new MyPlate, Food Label Reading, Soda/ Healthy Beverage Choices, Media and Food Choices.