

5210 Parent Survey

Your child's school is participating in a program known as 5210 Healthy Heroes, this program is intended to encourage students to aim for 5 fruits and vegetables, 2 hours of screen time, 1 hour or more active play, 0 sugary beverages. We would greatly value your feedback.

1) School:

2) Have you heard of the 5210 program before today?

yes no

3) Have you received 5210 print materials at your home this year?

yes no

4) What grade level student(s) live in your home?

TK/K 1 2 3 4 5

5) Do you feel the 5210 message is important?

not at all somewhat important very important

6) Are any of the messages of the 5210 program new to you?

- 5 -Aim for 5 servings of fruits and vegetable a day
- 2- limit screen time to 2 hours or less a day
- 1- Include at least 1 hour of physical activity/active play a day
- 0- Aim for 0 sugary beverages (soda, 100% juice, sports drinks, flavored milk) a day

7) Has the 5210 program encouraged your child to work toward including

- 5 fruits and vegetables a day
- 2 hours or less screen time
- 1 hour or more physical activity/active play
- 0 sugary beverages

Thank you for taking time to complete this survey. We wish you and your family a healthy and happy school year!