



A Health & Wellness Update from National PTA President, Laura Bay.

This summer, I participated in the Fuel Up to Play 60 Student Ambassador Summit in Chicago. [Fuel Up to Play 60](#) is an in-school nutrition and physical activity program launched by National Dairy Council and the National Football League, in collaboration with USDA, to help encourage today's youth to lead healthier lives.

The Student Ambassador Program gives youth a voice in the Fuel Up to Play 60 program by bringing together youth leaders so they can inspire healthy change for themselves, their schools and their communities – and I spent an entire day with 150 student ambassadors. The day began by listening to the students share their experiences from the earlier days of the summit while we all enjoyed a balanced breakfast from the build-your-own-breakfast bar. The students showed excitement, were energized and eager to share their leadership experiences.

Following breakfast, the students rotated through three different stations:

1. Inspirational storytelling workshop using Adobe Voice
2. Create-your-own-smoothie team competition
3. Create-your-own-“viral video” about fueling up for back-to-school with a professional camera crew from MTV

After completing those sessions, I joined a student team for a Fuel Up to Play 60 Challenge from the [2015-2016 Playbook](#). The teams had a great time constructing visual displays to demonstrate ways they could make changes in their school around the “plays” featured in the Playbook. Creativity and leadership development were key to the great visual displays each of the teams constructed.

During the afternoon session, the students shared their “youth talks” which helped them practice their communication skills and also explain why health and wellness really matters to them. Each of the “talks” filled each student, advisor, guest, and mentor with hope, inspiration and laughter! The “talks” are the key to the success of Fuel Up to Play 60. The idea of a healthy future really comes together when students use their own voice to share the importance of health, wellness and physical activity with their peers.

My time ended with an activity that included a group of inspiring students and three adult leaders. In this group activity, we each shared our perspective of why health and wellness matters to everyone. Each of the panelists built off of the experiences of the day and echoed **that the key to increased health and wellness of our society was the importance of students reaching other students.**

The Fuel Up to Play 60 Student Ambassador Program puts students at the center of our future success in changing the tide of health and wellness for all children, families and adults – there's no better way to change the world than with these inspired and motivated students. Encourage your child to take part in Fuel Up to Play 60 to make changes in their school!

Parents and teachers play a crucial role. Parents, your child can work with a teacher to create a Fuel Up to Play 60 team to implement “plays” that successfully help to not only make changes in the school environment but also develop important leadership skills that can last a lifetime. Teachers, what's a team without a coach? Be your school's Fuel Up to Play 60 Program Advisor. As a “PA,” you'll empower your students to be masters of their own wellness through Fuel Up to Play 60.

I encourage you to read more around the benefits that come from [empowering students in the service of social change](#).

JOIN THE TEAM

BECOME A PROGRAM ADVISOR!



Fuel Up to Play 60 is the nation's largest, FREE in-school health and wellness program.

Fuel Up to Play 60 schools with a Program Advisor can:

- Apply for up to \$4,000 in Funds
- Participate in contests to win exciting prizes
- Achieve national recognition



You make the difference—Fuel Up to Play 60 needs your leadership!

**LEARN MORE AND JOIN TODAY AT
FuelUpToPlay60.com**



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Healthy students are better learners. Kids who eat breakfast and participate in regular physical activity are more likely to excel in school and lead healthier lives. Sign up to be a Program Advisor today! Fuel Up to Play 60, the in-school nutrition and physical activity program from National Dairy Council and the National Football League, in collaboration with USDA, is helping to make wellness part of the game plan in more than 73,000 schools across the country.

As Program Advisor, you're the program champion. You engage and empower students as they help implement Fuel Up to Play 60, and you encourage other adults to get involved, too. Becoming a Program Advisor for your school is easy and free.

- Go to FuelUptoPlay60.com, select "Log in", and then click on "Don't have a login? Join."
- Create an account and link to your school(s).
- Make sure to click on "Become a Program Advisor"

Only schools with Program Advisors can:

- Apply for funds for Fuel Up to Play 60 (up to \$4,000 per building per school year)
- Become a Touchdown School (and become eligible for rewards and prizes)
- Be eligible for contests with NFL-themed prizes

Fuel Up to Play 60 is making a difference and transforming lives. For five years, Fuel Up to Play 60 has proven to be an effective vehicle for helping 12,000 schools and 5.9 million students across the Midwest set and meet wellness goals.

Here in Kansas, schools are using Fuel Up to Play 60 resources to positively impact student concentration, behavior and academic performance.

Studies show students who eat breakfast are more attentive, better behaved and achieve higher academic performance. More students are reaping these benefits at Washington Elementary School in Olathe. Following the launch of the Breakfast in the Classroom program, the Fuel Up to Play 60 team produced videos to encourage more of their peers to participate. The new program and the team's persuasion paid off, because now daily breakfast participate averages 400 students, compared to the previous 122.

Not only are Kansas students fueling up to achieve positive wellness outcomes, but they're also getting active. Students at Frank Rushton Elementary School in Kansas City are participating in daily "Brain Breaks." Teachers are breaking up the school day with frequent breaks that get students up from their desks and actively moving around the classroom. Thanks to these breaks, school leaders reported an increase in students' focus and on-task behavior.

Since Fuel Up to Play 60 launched in 2010, approximately 7,700 more students in Kansas now eat school breakfast each day. If you're interested in implementing Fuel Up to Play 60 in your school this fall, you may be eligible for funding assistance. For more information, visit FuelUptoPlay60.com and apply before the November 4th deadline.