



**OFFICE OF THE SUPERINTENDENT
LONG BRANCH PUBLIC SCHOOLS
540 Broadway, Long Branch, New Jersey 07740**

MICHAEL SALVATORE
Superintendent of Schools
(732) 571-2868, Ext 40010
Fax: (732) 229-0797

“Where Children Matter Most”

March 20, 2014

Dear Long Branch Families,

Have you ever wanted to run a marathon? This season our schools have entered into an exciting partnership with the New Jersey Marathon to promote healthy living and give every elementary student an opportunity to run a “kid marathon” on Saturday, April 26, 2014.

In order to promote a healthy lifestyle we must begin with teaching our children to practice good nutritional habits and participate in a daily exercise routine. Beginning on March 24, 2014, your child will have the opportunity to learn healthy habits through tracking their own physical fitness in an exercise log. This log allows children to earn “mileage” for physical activity. The goal is to earn 25 miles of activity over the next four weeks with the help of their teachers, parents, friends and family.

All children grades first through fifth will receive their own journal to track their weekly progress. Teachers will review their progress with them weekly. Every child that reaches their movement goal on day 50 will be awarded their own mileage club training medal. We expect all of the children to continue with the program until day 50, so they will all have the opportunity to receive their medal.

Parents, we urge you to help assist us in encouraging your child to exercise every day and track their progress. If the “weather outside is frightful”, then they can do jumping jacks, sit-ups and/or push-ups in the living room. If your child is bored, put on some music and rock around the house. Teachers will continue to give your child many ideas of how to continue the fitness craze. You can even join in on the fun with them at home.

On April 26, 2014, we will celebrate each child’s accomplishments with an amazing fun-filled day and an invitation to participate in a “kid marathon” on the Long Branch Promenade. This one mile course is the last stretch of the actual New Jersey Marathon, which thousands of runners from all over the world will participate in the following day. Each child will be able to complete the course through the marathon’s official finish line chute. Stay tuned, more information about the New Jersey Marathon will be coming soon.

Thanks for your continued support,

Michael Salvatore

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10 tips

Nutrition
Education Series

cut back on your kid's sweet treats

10 tips to decrease added sugars



Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

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Make Physical Activity a Part of Your Family's Routine CONTINUED

BE FLEXIBLE

If a conflict comes up during physical activity time — don't cancel, reschedule. Find a new time for the activity to replace the time that you missed.

SHARE IT

To keep the momentum going, share your new activities, ideas, and tools with friends, neighbors and relatives. Invite them to join in and get moving too!

IDEAS TO GET STARTED

There are countless ways to enjoy physical activity together as a family:

- Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music—or even play a dancing video game. It doesn't have to be sports, just get your family moving!
- Walk the dog, go for a jog, go on a bike ride, take the stairs, or head to the park and let kids run around for a while.
- Celebrate special occasions—birthdays, anniversaries—with something active, such as a hike, a volleyball or soccer game, or playing Frisbee at the park.
- Get the whole family involved in household chores, like cleaning, vacuuming and yard work.
- Park further away. Count the steps with your children it takes from the car to the destination. Write it down. See if you can park even further away on your next stop.
- Walk instead of drive, whenever you can. If you have to drive, find a spot at the far end of the parking lot—the most distant from you are going.
- Train as a family for a charity walk or run.

What is your family doing to stay active? Tell us on Facebook and your family's physical activity may be featured on the *Let's Move* website.

Download the *Let's Move Family Activity Guide* and come up with ideas for your family.