



Dear Fairfield Court Family,

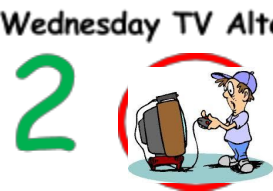
We are glad to partner with the Richmond City Health District to host their 95210 Program that promotes healthy living. The week of March 23 – 27 we have planned fun activities that connect the 5 objectives of the program. The scheduled events are listed below.



Monday Pajama Day! - To promote getting a full **9 hours of sleep nightly** we will have a Pajama Day! Students and staff are asked to wear their favorite pajamas to school. **Parents please make sure that pajamas adhere to the RPS dress code.**



Tuesday Fruit & Veggie Tasting! - To promote eating **5 serving of fruits and veggies daily** we will have a fresh fruit and veggie tasting during the students' regular lunch period.



Wednesday TV Alternative! - To promote **limiting screen time to 2 hours a day** we will have four announcements throughout the day informing students about things they can do instead of watching TV or playing video games.



Thursday Mini Field Day! - To promote **getting at least 1 hour of daily physical activity** we will host a mini field day at school.



Friday Fruit Infused H₂O! - To promote **eliminating sugary drinks like soda** we will have a fruit infused water tasting during lunch. Fruit infused water is a great alternative to sugary drinks.