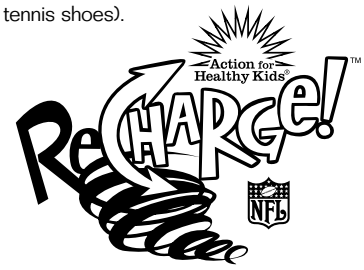


**Note to Instructors:** You may want to have students design their own Field Day invitation. Parents may be more likely to attend if invited by their own child! Incorporate the information below into students' invitations, or as a separate attachment. Add a sentence or two in the space between paragraphs four and five about the specific activities, demonstrations and displays you have planned — and any special instructions for families (e.g., wear your tennis shoes).



## Dear Families,

Thank you for your enthusiastic support of **ReCharge!**, the after-school program from Action for Healthy Kids and the National Football League. Hopefully those at your “home field” have learned a lot from your child about the **ReCharge!** core concepts: “Energy In” (healthy eating), “Energy Out” (physical activity), teamwork and goal-setting.

As you know, reinforcing healthy habits at home is the best way to ensure that those same healthy habits stay with your child as she or he grows to adulthood. Congratulations on supporting your child as a **ReCharge!** participant!

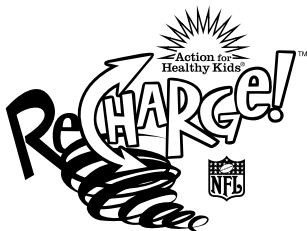
Now it's time to celebrate your child's achievements in **ReCharge!** The kids have been learning, working and playing hard — and they're ready to show you what they've accomplished.

Please join us on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m. for the **ReCharge! Field Day**. You'll have the opportunity to see what your child has created through the **ReCharge!** program, to watch or participate in **ReCharge!** games and activities and to sample plenty of healthy snacks!

Please complete and send back the response form at the bottom of this invitation to let me know if you can attend **ReCharge! Field Day**. Also, if you are interested or able to lend a hand for planning, food preparation, leading an activity or setting up or cleaning up, check off the corresponding box to let me know.

I truly hope you can join us for our **ReCharge! Field Day**. What a great way to celebrate your child's achievements — and be a healthy role model for your child!

Sincerely,



**Parent/Caregiver:** Please complete this form and return it to your child's after-school instructor.

Child's Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

I will attend with  family members       I'm sorry I will not be able to attend

**I would like to assist with:**

Planning the event

Set up

Food preparation

Clean up

Leading an activity

A particular skill or interest I have that's related to nutrition, physical activity, teamwork, goal-setting or football is: \_\_\_\_\_