



Dear Parents/Guardians:

Our school will offer a health education program called *The Best Me* provided free-of-charge by Kaiser Permanente. The program uses live theatre to inspire students to make healthier choices related to healthy eating and active living.

### **The *Best Me* program schedule at Mira Vista School:**

- **Wednesday, August 31 at 9:30am**  
A one-hour live theatre performance of *The Best Me* for students in 3rd- 5th grades.
- **Thursday and Friday, September 1 & 2**  
*Times to be determined*  
In-class workshops led by Performer/Educators
- **Wednesday, September 7 at 6:00 pm**  
*The Best Me* Family Night. The program begins with a healthy meal. There will be resource table with important information about healthy eating and active living that you can take home.

### ***The Best Me* Messages:**

- **Get up and play hard for at least one hour a day**
- **Limit screen time (TV, video games and the internet) to two hours or less each day**
- **Eat more fruits and vegetables, at least 5 a day**
- **Drink water when you are thirsty-limit soda and juice drinks**

If you have questions about the program, please call the school at  
(510) 231-1416.  
Thank you!

