



a Delicious Message for Parents

Dear Parent or Guardian,

Our class is making health fun this school year by using Playnormous in our classroom! Playnormous is a free website where your child will learn about health through entertaining, educational gameplay.

What will my child learn on Playnormous?

Your child will learn about nutrition and physical activity by playing games, reading stories, and participating in teacher-led classroom activities. This includes topics like portion size, meal balance, food groups, and aerobic activity.

Who created Playnormous?

The Playnormous team has worked with health researchers for over ten years. Playnormous activities are based on work created with institutions like Baylor College of Medicine, The University of Texas Health Science Center, USDA, and National Institutes of Health.

How can my child participate on Playnormous?

Playnormous is completely free and requires only **two simple steps from you.**

If your child is 12 or younger, they need your permission to participate in contests on the Playnormous website.

1. **Check your personal email** (inbox and spam folder) for a message from Playnormous.
2. **Click the link** if you wish to allow your child to participate in contests on Playnormous where he/she can win free prizes.

Thank you for helping us keep health fun in our classroom!

PLAYNORMOUS.COM
FUNFORACHANGE™

More Information: www.playnormous.com/community/parents

