

Dear [School Superintendent or Principal]:

The March of Dimes invites you to utilize the *Change for America's Babies* curriculum in your school. It will help you educate students about how to be healthy inside and out — through diet, exercise and volunteering to help babies be born healthy. *Change for America's Babies* is a great way to bring students together in the classroom, the school and in the community.

The lesson plans focus on two main areas:

- healthy living – teaches students the importance of taking care of themselves by eating healthy foods and portion sizes, and exercising properly.
  - Healthy Eating (K-2) (3-5)
  - Get Fit (K-2) (3-5)
- community service, develops the students' volunteer awareness by raising funds to help every baby be born healthy.

If you have any questions or concerns about the materials, please contact: [name of adult staff or volunteer] at [phone number, email, etc]. I will be following up with you shortly to ensure that you are supportive of this program and to answer any questions you may have.

Sincerely,

[Your name]

[Your title or project role]

*The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. Founded in 1938, the March of Dimes carries out this mission through programs of research, community services, education and advocacy.*

**CHANGE**  
for America's  
**Babies**



March  
of Dimes®

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