



Dear Teacher/Principal:

Recently I heard about a new program called **At My Best™**.

**At My Best™** is a fun and interactive school-based program for students in Kindergarten to Grade 3. It was developed by educators for educators through Physical and Health Education Canada (PHE Canada) in partnership with AstraZeneca Canada. **At My Best™** supports children learning the importance of healthy eating/living, physical activity, and emotional well being.

**At My Best™** has a great take home component that is of great interest to our family. I believe my child will benefit from **At My Best™** as a valuable teaching tool, but also to allow us to practice and celebrate the skills that they are learning through this program.

As a parent I would like to see **At My Best™** at my child's school. Please visit [www.atmybest.ca](http://www.atmybest.ca) or call 1-800-663-8708 to learn more.

Sincerely,

