



Carol M. White PEP Grant Award Winner

Wachusett Regional School District

Holden, Paxton, Princeton, Rutland, Sterling (Grades K-12)

Physical Education Dept. - April 2011 Newsletter

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HEALTHY FACTS:

- **GET WALKING!**
Walking at a brisk pace (15-minute mile or 4 mph) burns the same amount of calories as jogging the same distance.
- **FEEL GOOD!**
Physical activity releases "feel good" hormones that can help reduce anxiety, improve mood, and promote relaxation.
- **MORNING MEAL!**
A healthy breakfast will help you burn 5 - 20% more calories throughout the day.

PEP GRANT IN ACTION!



2nd grade students at Houghton Elementary enjoying HOPSports strength training exercises.

The Wachusett Regional School District was awarded a three-year, \$1.9 million Carol M. White Physical Education Program (PEP) grant this winter. PEP grants assist schools in enhancing physical education programs that help students (K-12) meet state standards for physical education. Further, PEP grants support current district goals of (a) encouraging the development of lifelong healthy habits of physical activity, and (b) improving nutrition to prevent obesity and to decrease the number of children who are overweight.

WRSD has named its PEP grant "Be Fit!". Be Fit! has one main objective: to improve the overall health and well-being of WRSD students. Through physical activity and the promotion of healthy eating habits this goal will be met! Be Fit! has given the students the opportunity to participate in before,

during, and after-school programming. All 7,500 district students are currently participating in Be Fit! activities.

In all physical education classes, students are being assessed in various fitness areas (core strength, upper-body strength, trunk extensor strength, flexibility, cardiovascular endurance). Teachers are using a program called "Fitness Gram" to record students' scores and track their progress. In June, each student will be given a report with their fitness test results. The report will show the strengths of the student as well as areas that need improvement.

Staff was very excited to use the awarded PEP grant money to purchase some big budget items. The purchases so far have all been high-tech, state-of-the-art, physical education equipment. Staff would not have had the opportunity to utilize this type of equipment without the PEP grant. A very popular item amongst all schools has been the HOPSports system. Students have engaged in many different HOPS interactive fitness lessons during the year. In addition, an interactive iDance gaming system was purchased at all elementary and middle schools. The iDance systems have been a huge hit as well!

This writing of this grant was a collaboration between p.e. teachers across the district and WRSD curriculum coordinator Kelley Gangi. For more PEP information, please email: bradley_clark@wrzd.net

Important Spring Pedometer Use

All students within the WRSD will be participating in a step-count activity using pedometers this April and May.

This activity is mandated by the Government Performance and Results Act (GPRA) as part of the Carol M. White physical education grant that the district received this year.

The purpose of this activity is to keep track of students' daily physical activity. Students in grades K-4 will record their steps for 4 days, and students in grades 5-12 will do the same for 7 days. The United States Department of Health and Human Services recommends that students, ages 6 to 17, exercise for 60 minutes a day.

The purpose of this task is to encourage physical activity, and show that exercise is fun, easy, and essential for their health and well-being. The participation in this activity should be taken seriously and may be factored into each student's physical education grade.



WRSD PE Staff

Elementary Schools:

Davis Hill - Christine Howell
 Dawson - Claire Cataldi
 Glenwood - Claudia Holland
 Houghton - Michael Walsh
 Mayo - Dan Wilde
 Naquag - Mitch Jacobs

K-8 Schools:

Paxton Center - Bill Sullivan
 Thomas Prince - Bruce Goodwin

Middle Schools:

Central Tree - Paul Hunnewell
 Chocksett - Susan Lauder
 Mountview - Ashley Eydenberg,
 Krissy Teevens

Wachusett Regional High School:

Denise Aldrich, Phil Jackson
 Kevin Briggs, Eileen Shea
 Jen Burton, Derek Vanodenhove
 Skip Knight, Marianne Wojcicki

P.E. Curriculum Coach:

Bradley Clark

PEP Project Director:

Kelley Gangi

U.S. Centers for Disease Control and Prevention Physical Activity Guidelines for Children and Adolescents

How much physical activity do you need?

The physical activity guidelines for children and adolescents aged 6 to 17 focuses on three types of activity: *aerobic*, *muscle-strengthening*, and *bone-strengthening*. Each type has important health benefits.

Aerobic, Muscle-strengthening, and Bone Strengthening Activities

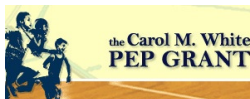
Every day children and adolescents should do **1 hour or more** of physical activity.

A. Aerobic activities. Most of the 1 hour a day should be either moderate or vigorous-intensity aerobic physical activity, and include **vigorous-intensity** physical activity **at least 3 days a week**.

As part of the 1 hour a day of physical activity, the following should be included:

B. Muscle-strengthening on at least 3 days a week. These activities make muscles do more work than usual during daily life. They should involve a moderate to high level of effort and work the major muscle groups of the body: legs, hips, back, abdomen, chest, shoulders, and arms.

- ▲ **C. Bone-strengthening on at least 3 days of the week.** These activities produce a force on the bones that promotes bone growth and strength through impact with the ground.
- ▲ Youth should be encouraged to engage in physical activities that are **appropriate** for their age, **enjoyable**, and offer variety.



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