

# *Moving Towards Wellness*

## ***“The Danvers WAY – Wellness and Youth” Danvers Public Schools Health and Physical Education***

**To:** *All Parents of K-5 Students*  
**From:** *Physical Education and Health Education Program*  
**Re:** *Carol M. White Pep Grant and initiatives*  
**Date:** *October 30, 2008*

*The Danvers Public Schools were very fortunate to receive an extremely competitive and significant federal grant intended to improve the quality and effectiveness of the K-12 Health and Physical Education program. Throughout the next three years, significant programmatic changes will be evident. Goals of this grant include:*

- Implement a comprehensive K-12 Nutrition Education curriculum*
- Implementing Fitness Education*
- Implementing fitness assessment and tracking / reporting process*
- Implementing skill development and the knowledge that will foster behaviors and attitudes that promote an increased level of participation in physical activity*

*One requirement of the federal government is that we track the weekly amount of minutes (four times per year) that our students participate in moderate to vigorous physical activity, outside of physical education. Moderate and vigorous physical activities would include such experiences as **active school recess, swimming, hiking, brisk walking, biking, jogging/running, dancing and sports that result in an increased: heart rate, perspiration and respiration.***

*In order to track this data, we have included on the back of this memo, a daily log which will assist in the tracking and recording of this data.*

*With your assistance, all K-5 students will track and record this information for seven consecutive days beginning Monday, November 10<sup>th</sup> and concluding Sunday, November 16<sup>th</sup>. We are requesting all students to return the completed log the school week beginning on November 17<sup>th</sup>*

*Thank you in advance for your participation in this process!*

*Should you have any questions, please feel free to contact your child's physical education teacher or Mr. Gary Nihan, K-12 Director of Applied Arts for the Danvers Public Schools at 978-777-8932 x2277 or [nihan@danvers.org](mailto:nihan@danvers.org)*

*Shawn Gilmartin – Great Oak, Jennifer Mscisz – Thorpe, Patrick Veilleux – Riverside  
Chris Roy – Smith, James Hinchion - Highland*

# *The Active Lifestyle Activity Log*

Participant Name \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Week of November 10th <i>Base line data collection</i>	Activities	Number of Minutes
Monday – 11/10		
Tuesday – 11/11		
Wednesday – 11/12		
Thursday – 11/13		
Friday – 11/14		
Saturday – 11/15		
Sunday – 11/16		
Signature:  Student _____  Parent _____  <b>**Return to PE teacher during class the week of 11/17th</b>		Total: