







## PEP Grant Goals

-  Increase physical activity and physical fitness levels of students in the program.
-  Increase the amount of professional development in the areas of health and physical education for all teachers.
-  Improve student progress toward meeting State standards for physical education.
-  Increase nutrition education in the classroom.

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# A Heap of Health and a Full Serving of Fitness

June 2009

## Traversing Walls Ready for Action

Traversing walls have been successfully installed at Lehigh Acres Middle, Veterans Park Academy for the Arts, Three Oaks Middle, Dunbar Middle, North Fort Myers Academy for the Arts and Trafalgar Middle. Principal Dale Houchin, along with students, successfully traversed the wall during the ribbon cutting ceremony at Veterans Park Academy for the Arts while news cameras filmed the action. Physical education teachers as well as students are excited to incorporate the climbing walls into next year's lesson plans.



P.E. Teacher of the Year, Ben Ausman, and students at the Veteran's Park Academy for the Arts traversing wall grand opening.

## District Names Health and Physical Education Teachers of the Year who are Blazing the Trails to Better Health



The School Board recognized the following Outstanding Health and P.E. Teachers for the 2008-2009 school year during the June 2, 2009 board meeting: Marlene Redhead, Ben Ausman, Maureen Cannon, Alexandra Murray and Jason Plucker (stand alone). One common theme among these outstanding teachers is that they love their kids and their jobs. To learn more about their teaching, challenges, suggestions for parents and top do's and don'ts for educators, [click here to visit the PEP grant website.](#)

The School Board of Lee County, Florida: Jeanne S. Dozier, Chairman; Jane E. Kuckel, Ph.D., Vice Chairman; Robert D. Chilmonik, District 1; Steven K. Teuber, J.D., District 4; Elinor C. Scricca, Ph.D., District 5; James W. Browder, Ed.D., Superintendent of Schools.

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## A Healthy Eater...

### Who, My Kid?

It is no surprise that parents need some help understanding what it means to eat healthy. From the Food Guide Pyramid to the latest food fad, it can be awfully confusing. The good news is that you don't need a degree in nutrition to raise a healthy eater. By following some basic guidelines, you can create an environment that encourages your child to eat well and maintain a healthy weight.



### Snack Attack

Because snacks play a major role in kids' diets, contributing up to 1/3 to 1/2 of a child's daily food intake, be sure to offer healthy snacks. Save on groceries and bypass the center aisle snack foods. Almost all snacks served to kids should be fruits and vegetables because most don't eat enough.

### Fruits & Veggies:

#### How much do kids need?

Girls		
Age	Fruit cups/day	Veggies cups/day
4-8	1	1.5
9-13	1.5	2
14-18	1.5	2.5

Boys		
Age	Fruit cups/day	Veggies cups/day
4-8	1.5	1.5
9-13	1.5	2.5
14-18	2	3

## PEP Grant Brings New Opportunities for Profession Development

As a result of PEP grant funds, the District has expanded professional development opportunities in the areas of health and physical education. The following trainings were provided during the 2008-2009 school year:

**Fitnessgram Testing Challenges; Using Fitnessgram; Taking Fitnessgram Farther** (*using reports to communicate with parents*); **Train the Trainers** (*nutrition education presented by the Florida Dairy Council*); **Little D's and Arianna's Nutrition Expeditions** (*nutrition education for classroom teachers*); **Planet Health** (*an interdisciplinary curriculum for teaching middle school nutrition and physical activity*); **Traversing Wall Training** (*teaching techniques, activities and safety procedures*)

## Healthy Habits for Healthy Kids

### Be Active

- Spend at least one hour every day being physically active.
- Parents, play with your kids every day!

### Eat More Fruits and Veggies

- Make 1/2 your plate fruits and veggies at meal time.
- Save money and boost nutrition by forgoing processed foods and stick to fruits and vegetables at snack time. Fresh, frozen, canned (in juice) and dried (no sugar added), they all count.
- Check out the chart to the left for children's recommended intake.
- Don't use your kids as an excuse to keep junk food in the house—nobody needs it!

### Eat Small Portions

- Use small plates and bowls, share restaurant meals, eat slowly and stop eating when you are full.

### Eat Together

- Kids whose families sit down together for home-cooked meals are less likely to be overweight, are more likely to eat fruits and vegetables and have more time to connect as a family.

### Get Enough ZZZZZZZZ's

- Kids ages 5-12 should aim for 10-11 hours per night and teens should aim for 8-9.5 hours. Health, body weight, behavior and academic performance all take a nose dive with inadequate sleep.

### Milk with Meals and Water with Snacks

- Low fat dairy products help kids build strong bones and maintain a healthy weight. Limit soft drinks and other sugary beverages. When choosing fruit juice, go for 100% juice but limit it to one cup per day.

### Limit Screen Time

- Less screen time equals better school performance, more active play, higher fitness levels and healthier body weights. Aim for less than 2 hours per day and keep TV's out of kids' bedrooms.

### Eat Breakfast

- Eating a healthy breakfast helps kids perform better in school, improves moods and attitudes and helps kids achieve a healthy weight. Make your breakfast count—choose whole grain cereals that have at least 3 grams of fiber; top whole grain waffles, pancakes or cereals with fresh fruit and low fat yogurt.
- Include lean protein for extra staying power.

