

# SHAPE Up!

## Equipment Purchased

Below is a brief listing of some equipment that has been purchased for each school site with Carol M. White Physical Education Program Grant monies:

### NAES

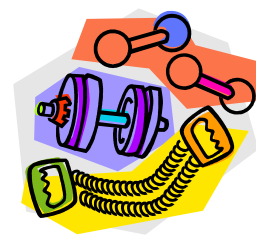
Sensory Lab Equipment  
SPARK PE Equipment  
Large Screen TV  
Stationary bikes  
Treadmills  
Multi-Media Projector  
Pedometers  
Ping Pong Tables  
Portable Soccer Goals

### NAMS

Dumbbells  
Elliptical Machine  
Weights/Bars/Racks  
Stationary bikes  
Treadmills  
Large Screen TV  
SPARK PE Equipment  
Wii Dance Dance Revolution  
Pedometers

### NAHS

Vibration Machine  
Workout Software  
Power Chutes/Sleds  
Weight Balls  
Treadmills  
Stationary Bikes  
Dumbbells  
Ping Pong Tables  
Portable Soccer Goals



## Data Collection

The purpose of the data collection is to determine the number of minutes our students are active at school and outside of school. Middle and high school students keep a log of their activity during the week, while an inventory is sent home with elementary students so that their parents can assist them with filling out the information. This information is completely confidential. The next data collection will be the week of March 8.

Visit us on the web

[www.newalbanyschools.us](http://www.newalbanyschools.us)

## A Message from the Program Director

I am very pleased to see the progress that we have made with our SHAPE Up! Grant through the Carol M. White Physical Education Program Grant. I have recently met with the New Albany Elementary and New Albany Middle School staffs to give them an update on our progress. I look forward to meeting with our high school staff soon. I am pleased with how our students and staff are responding to goals and objectives of this grant.

We are looking forward to the SPARK physical education training that will take place this month at the elementary school. Nine staff members will attend the day-long training and will receive valuable information that will help them be more effective as physical education teachers, assistant physical education teachers, recess monitors, and late stay/after-school coordinators.

One of the main purposes of the grant is to increase the amount of time our students spend doing vigorous activities during the school day and outside of school. To determine if we are meeting our goals to increase the amount of time our students are physically active, we have to collect data from our students to determine the number of minutes our students spend doing physical activity outside of school.

Our next data collection period will be the week of March 8. Please encourage your child to do their best at completing these data surveys.

As we approach our school district's first reporting period, I am amazed at the quality of equipment that has been purchased. I can honestly say that there are very few, if any, schools in the state, that have the quality of wellness and fitness centers as we have at NAES, NAMS, and NAHS. We will continue to provide the necessary training for our staffs as we look to complete the first year of implementation to the Carol White PEP Grant.

In closing, I want to remind you that is the hope of our school district that our physical and health education programs will lead to healthy, active lifestyles for our students and their families.

Lecia Stubblefield

Director of Federal Programs, Curriculum, & Transportation

## Carol M. White Physical Education Program Grant

## MODERATE TO VIGOROUS ACTIVITIES

(Accumulate 60 minutes per day of these type activities)

- |           |                    |
|-----------|--------------------|
| walk fast | skate              |
| hike      | bike               |
| swim      | shoot hoops        |
| dance     | play tag           |
| run       | play flag football |



Source: Learning ZoneXpress

## Super Snacks

- Low fat milk and graham crackers
- Low fat cheese and whole grain crackers
- Apples and Peanut butter
- Colorful sliced vegetables and low fat ranch salad dressing

Source: Mississippi Matters! (MSU Extension Service/Office of Nutrition Education)

