

# SHAPE Up!

## Instructional Design Advisory Council

The Instructional Design Advisory Council was formed in September 2009 and had their first meeting on February 26, 2010 at New Albany Elementary School. Mrs. Lecia Stubblefield spoke to the group about the purpose of the grant and the progress the school district had made in implementing the grant. Dr. Jeff Hallam gave an update regarding the data collection and Dr. Sean King discussed the health curriculums that he had compiled with the help of the Elementary Writing Team. We appreciate the willingness of these parents, community representatives, and staff members to serve on this council.

Angela Spencer	Lauren Garrett	Kate Swords
Mary Margaret King	Lance Evans	Lisa Mitchell
Jay Foster	Jessica Gray	Jill Robbins
Eydie Pullman	Becky Thompson	Angele Mueller
Tammie Reeder	Robbins Rogers	Joe Dan Roberts
Dr. Brad Scott	Scott Ford	Troy Trout
Judith Ward	Jeanette Betancourt	Dr. Sean King
Dr. Jeff Hallam	Ron Price	Rolandus Cox
Lecia Stubblefield	Melanie Shannon	

## AAHPERD National Conference



Joe Dan Roberts, Robbins Rogers, Don Reed, and Rolandus Cox attended the AAHPERD (American Alliance for Health, Physical Education, Recreation, and Dance) National Conference In Indianapolis during Spring Break. They participated in informative sessions and activities that will assist them in creating effective physical education lessons and activities in their PE classes.



## SPARK Training

Congratulations to the following teachers and assistant teachers for completing SPARK Physical Education Training:

- Rolandus Cox
- Robbins Rogers
- Tommy Spight
- Joe Dan Roberts
- Jeanette Johnson
- Kaye Parks
- Don Reed
- Hattie McKenzie
- Gail Victory



## A Message from the Program Director

It is exciting to see our first year of implementation of our SHAPE Up! Grant coming to a close. We have recently completed our annual report for our first grant year and submitted it to the U.S. Department of Education. I am grateful to all of the staff members who assisted me in gathering the needed information for this report.

Nine of our staff members received SPARK physical education training on February 25. These teachers and assistant teachers received valuable information and are excited about the activities they are implementing during physical education classes. We had four physical education teachers attend the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Conference in Indianapolis during Spring Break. Training and professional development is a huge component of implementing this grant and we will continue attending workshops and receiving training.

We had our first Instructional Design Advisory Council Meeting on February 26 at New Albany Elementary School. I appreciate those community members and parents who volunteered their time to meet with us to give input regarding our physical education and health programs.

Our next data collection period will be the week of May 3. Students in grades 3-12 complete these surveys during class time, while K-2 students' surveys are sent home and needs to be completed with parent assistance. Please encourage your child to do their best at completing these data surveys.

It 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. If you have questions or concerns regarding our physical and health education programming, please do not hesitate to call me at 662-534-1800

Lecia Stubblefield  
Director of Federal Programs,  
Curriculum, & Transportation



## Get Moving, Feel Great!

Feeling exhausted at the end of the day? How about the kids—do they just want to flop in front of the TV? Physical activity can get everyone feeling better. Daily physical activity can help you reduce stress, feel more energetic, and have greater concentration. It also helps you keep a healthy weight, and it protects you from heart disease, diabetes, colon cancer, and osteoporosis (weak bones). Studies show that regular physical activity even helps children do better in school. How much activity do children need? Children need to be active in play for at least 1 hour a day, spread out in bouts of 10 to 15 minutes each. For children over 12 years, their activity should include 20 minutes of vigorous activity at least 3 times per week. This includes activities that make children breathe hard and sweat.

Try the following tips for keeping your family active:

- Set up a routine of regular physical activity for yourself, even if it's a simple walk after dinner.
- Limit TV time in the house—for everyone—to 2 hours, maximum.
- Enjoy active time together as a family at least once during weekends.
- Make sure that your children have opportunities for active play after school hours. This can be in your yard, at a local park, or in sport and recreation programs.

Children who grow up in an active family are more likely to remain active as adults. As a parent, you model the values and attitudes toward physical activity and other types of lifestyle choices. Set a good example by keeping yourself active and by encouraging your children to find activities they enjoy.

Source: Parent Information - [www.planet-health.org](http://www.planet-health.org)



Source: Nutrition Newsletters for Parents of Young Children, USDA

- Milk shake-ups:** Pour milk, juice, and ice in a covered container. Shake!
- Fruit juice pops:** Freeze fruit juice in small papers cups or ice cube trays.
- Crunchy Banana:** Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- Peanut Butter Logs:** Fill celery with peanut butter.
- Cinnamon Toast:** Toast whole wheat bread. Spread a littler margarine or butter on top. Sprinkle with cinnamon sugar.