

BERT CORONA CHARTER SCHOOL

FEBRUARY 2009

OUR MISSION: The Carol M. White Physical Education Program helps students and families improve their fitness and general nutrition through fitness assessments, Health, Nutrition, & Physical Fitness workshops, & direct physical activity offered at the school and in the community. Our goal is to help students understand, improve, & maintain their physical well-being, while working with their families to help them make well informed health, nutrition, and fitness choices. Good eating habits and physical activity are critical to the well-being of families served at Bert Corona Charter School.

BE ACTIVE! HAVE FUN!

Students are participating in a wide range of physical education and enrichment lessons funded by the Carol White program to make physical activity fun. These include hiking trips at Griffith Park, where students participate in outdoor activities while learning about nature preservation

Bert Corona students also take gymnastics lessons that offer an introduction to proper training techniques of the bars, beam, vault, floor exercise, flexibility training, strength training and more. Classes motivate students in a fun and progressive environment with the primary emphasis on safety and appropriate training methods to avoid injury.

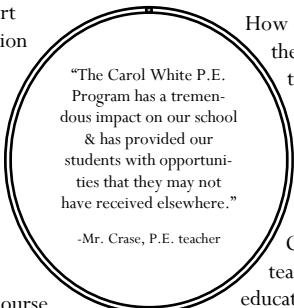


Can swimming be both fun and

healthy? 55 students who received Carol White scholarships for swim lessons at the Hubert Humphrey Recreation Center say yes. Students learned basic and advanced techniques while showing how quickly they become proficient swimmers.

Fulcrum's Ropes Course in the city of Malibu saw Bert Corona students take on numerous challenges. They engaged in team building activities, worked together to solve problems, and developed physical fitness skills on the ropes course and obstacle wall. Activities promote active learning and teamwork

while allowing students to tackle challenges with their friends.



"The Carol White P.E. Program has a tremendous impact on our school & has provided our students with opportunities that they may not have received elsewhere."

-Mr. Crase, P.E. teacher

How do you continue these exciting activities when you get back to school? By purchasing a portable rock wall now located at Bert Corona! Mr. Crase, the P.E. teacher, facilitates educational & motivational physical education activities.

The Carol M. White P.E. program offers physical education programs for every student. Check it out! None of this works without the involvement of families, so please join our classes and workshops. We also need volunteers to work with students & other parents. Contact Michelle Cheang at 818.899.5550 to become a part of this program.

**HEALTH & NUTRITION
QUIZ**

1) Which type of fat lowers the levels of the bad cholesterol (LDL) in the blood?

- A) Unsaturated fat
- B) Saturated fat
- C) Trans fat

2) Which of the following is TRUE?

- A) 1.5 millions of Americans have heart attacks every year
- B) 60 million Americans have hypertension (high blood pressure)
- C) Both

3) A heart-healthy schedule should involve at least 30 minutes of physical activity on most days of the week.

- A) True
- B) False

4) Children are more physically fit now than they were a generation ago.

- A) True
- B) False

Answers: (1) A, (2) C, (3) A, (4) B

Americanheart.org

HEALTH, NUTRITION, & PHYSICAL FITNESS PARENT WORKSHOPS

Bert Corona parents are regularly participating in Health, Nutrition & Physical Fitness Workshops that help them & their families live healthier lives. Workshop topics completed over the past year include: Reading the Nutritional Label, Simple Exercises, and Physical Fitness. The next 6 week workshop session is coming up. Taking place in February and March, it will cover the following topics:

- Jan. 27: The Media & Our Eating Habits
- Feb. 3: Heart Disease & High Cholesterol
- Feb. 10: Diabetes & Cancer
- Feb. 17: Healthy Choices & Snacks on the Go
- Feb. 24: Learn to Eat Healthier
- Mar. 3: Graduation

Please join us from 8:30—9:30 a.m. on these dates in the Bert Corona gym. Learn exciting ways to make healthier eating & cooking choices for yourself & your family!

IMPORTANT DATE!

The physical fitness test will be conducted March 16—27. Bert Corona students will be tested on 6 different fitness components: push ups, mile run, sit ups, trunk-lift, flexibility, & body mass index (BMI).

TIP: Parents can continue to implement healthier eating choices & physical activities at home to enhance their children's test-taking abilities.