



CAROL M. WHITE PHYSICAL EDUCATION PROGRAM

FENTON AVENUE CHARTER SCHOOL



FEBRUARY 2009

OUR MISSION: The Carol M. White Physical Education Program helps students and families improve their fitness & general nutrition through fitness assessments, Health, Nutrition, & Physical Fitness workshops, and direct physical activity offered at the school and in the community. Our goal is to help students understand, improve, & maintain 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 Fenton Avenue 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.



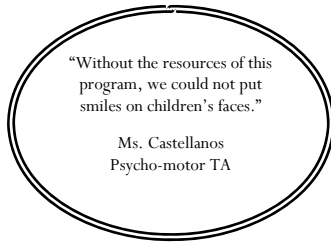
Students have participated in hiking trips at Griffith Park and visits to the Griffith Observatory. The hike focused on the importance of maintaining a healthy physically active life. Students participated in fun outdoor activities while learning about nature preservation. On their visit to the Griffith Observatory, boys and girls received hands on experience with astronomy, history, & science.

A hip-hop and yoga class for students? The Carol White program made it happen during the psychomotor exercises. Learning dance choreography and yoga stretches helps students enhance their physical abilities while having a lot more fun that they thought they would.

The *Hoop'n with Hooper* program educates students on the importance of eating healthy and being physically active. Students learn physical movement and exercises using fun equipment, including hula

hoops.

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

Fenton 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, Food Portions, Healthy Snacks, Yoga, Physical Fitness. The next 6 week session will take place on the following dates & cover these topics :

- Jan. 27: Heart Disease & High Cholesterol
- Feb. 3: Diabetes & Cancer Prevention
- Feb. 10: Health Issues for Women
- Feb. 17: Healthy Choices & Snacks on the Go
- Feb. 24: Learn to Eat Cook Healthier
- Mar. 3: Graduation

Please join us from 8:00 am—10:00 am in the Parent Center. Learn exciting ways to make healthier eating & cooking choices for yourself & your family!

IMPORTANT DATE!

The physical fitness test will be conducted on March 16 & 17. Fenton 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.

Come join the Parent Walking Club Friday mornings. Please contact Parent Center for further information, Tony Peña at 818.834.9865