



CAROL M. WHITE PHYSICAL EDUCATION PROGRAM



LA LEADERSHIP ACADEMY

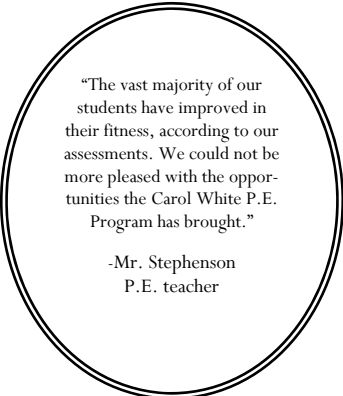
FEBRUARY 2009

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, and direct physical activity offered at the school and in the surrounding community. Our goal is to help students understand, improve, and 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 the Los Angeles Leadership Academy.

BE ACTIVE! HAVE FUN!

Students are participating in a wide range of physical education and enrichment lessons funded by the Carol White program. These include hiking trips at Griffith Park as well as visits to the Griffith Observatory. Hikes focus on the importance of maintaining a healthy physically active life. During the hike, students are involved in fun outdoor activities while learning about nature preservation. On their visit to the Griffith Observatory, students receive hands on experience with astronomy, history, & science in targeted projects offered on-site.

floor exercise, flexibility training, strength training & more. Classes are constructed to motivate students in a fun and progressive environment with



"The vast majority of our students have improved in their fitness, according to our assessments. We could not be more pleased with the opportunities the Carol White P.E. Program has brought."

-Mr. Stephenson
P.E. teacher

Students have participated in gymnastics lessons. Classes consisted of formal introduction to proper training technique of the bars, beam, vault,

the primary emphasis on safety and proper training methods to prevent injury and get maximum enjoyment out of the program.

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

LA Leadership Academy 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, Simple Exercises, & Physical Fitness. The next 5 week session will take place on the following dates & cover these topics :

- Jan. 27: Nutrition, Exercise, & Obesity
- Feb. 3: Heart Disease & High Cholesterol
- Feb. 10: Diabetes & Cancer
- Feb. 17: Making Healthy Choices
- Feb. 24: Family Nutrition Night

Please join us from 6:00—7:00 p.m. in room # 201. 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. LA Leadership 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.