



CAROL M. WHITE PHYSICAL EDUCATION PROGRAM

MONSEÑOR OSCAR ROMERO 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, 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 Monseñor Oscar Romero 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. These include hiking trips at Griffith



Park as well as visits to the Griffith Observatory.

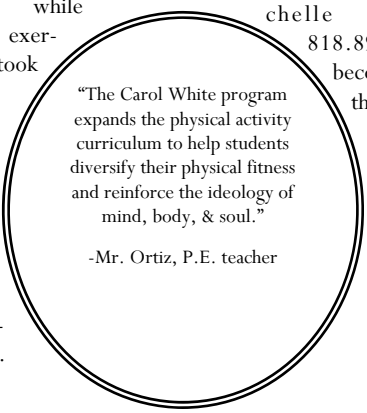
Hikes focus on the importance of maintaining a physically active life. During the hike, students engage in fun outdoor activities while learning about nature preservation. On their visit to the Griffith Observatory, students receive hands on experience with astronomy, history, & science.

Monseñor students also participate in a physical fitness training program provided by West Coast Boot Camp. The fun & interactive class has taught students how to eat healthy while

getting proper exercise. Students took part in conditioning, stretching, and other activities designed to help them get fit, while realizing that exercise can be fun.

Students enroll in physical education classes at the next door Shatto Recreational Center.

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



"The Carol White program expands the physical activity curriculum to help students diversify their physical fitness and reinforce the ideology of mind, body, & soul."

-Mr. Ortiz, P.E. teacher

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

Monseñor 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 :

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

Please join us from 2:30 –3:30 p.m. Learn exciting ways to make healthier eating & cooking choices for yourself & your family!

IMPORTANT DATE!

The physical fitness test will be conducted on January 26. Monseñor 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.