



# CAROL M. WHITE PHYSICAL EDUCATION PROGRAM



## NEW HEIGHTS 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 New Heights Charter School.

### BE ACTIVE! HAVE FUN!

Students are participating in a wide range of physical education & enrichment services in the Carol White program this year.

Fulcrum's Ropes Course in the Culver City saw students engaged in team building activities to enhance communication, problem solving, and develop physical fitness skills & abilities. These promote courageous and strategic methods when approaching obstacles & challenges in life.

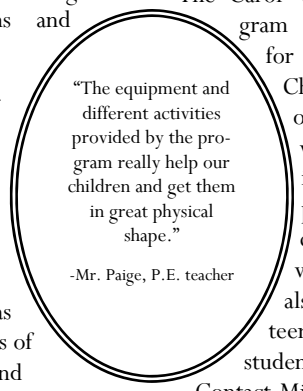
Students also participated in Fulcrum's Climb On Program. They engaged in low initiative team building activities and climbed a 25 foot portable rock wall. As part of their program, students completed a team objective that required

them to develop a plan, execute a strategy, and work as a team to complete the climbing project using ropes and mutual support. New Heights students has a great time while working together discovering their hidden strengths and abilities.

New Heights students also completed a 8 session gymnastics program that included a formal introduction to proper training, as well as techniques of the bars, beam, and vault. Students learned key floor exercises, flexibility training, strength training and other techniques. Each class is

constructed to motivate students in a fun & progressive environment with the primary emphasis on safety & proper training methods to prevent injury.

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.

### 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

New Heights parents are regularly participating in Health, Nutrition & Physical Fitness Workshops that help them and their families live healthier lives. Workshop topics completed over the past year include: Reading the Nutritional Label, Food Portions, Yoga, & Simple Exercises. The next 6 week session will take place on the following dates & cover these topics :

- Feb. 5: The Media & Our Eating Habits
- Feb. 12: Heart Disease & High Cholesterol
- Feb. 19: Diabetes & Cancer Prevention
- Feb. 26: Healthy Choices & Snacks on the Go
- Mar. 5: Learn to Cook Healthier!
- Mar. 12: Graduation

Please join us from 5:30—6:30 p.m. Learn exciting ways to make healthier eating & cooking choices for yourself & your family!

### IMPORTANT DATE!

The physical fitness test will be conducted in January 30. New Heights students were 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.