



CAROL M. WHITE PHYSICAL EDUCATION PROGRAM



PACOIMA 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 Pacoima 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, including an 8 week physical fitness training program provided by West Coast Boot Camp. The



fun and interactive series of classes teaches students how to eat healthy & exercise properly. Students took part in conditioning, stretching, & activities designed to help them get fit while making exercise fun. Fulcrum's Ropes Course in the city of Malibu saw Pacoima 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.

participate in fun outdoor activities while learning about nature preservation. On their visit to the Griffith Observatory, students get hands on experience with astronomy, history, & science.

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.

"The Carol White Program gets all students involved, while providing staff and students the tools to make physical activities fun."

-Mr. Lopez, Psycho-motor TA

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

Pacoima 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. 4: The Media & Our Eating Habits
- Feb. 11: Heart Disease & High Cholesterol
- Feb. 18: Diabetes & Cancer Prevention
- Feb. 25: Healthy Choices & Snacks on the Go
- Mar. 4: Learn to Cook Healthier!
- Mar. 11: Graduation

Please join us from 4:00—5:00 p.m. in the auditorium. Learn exciting ways to make healthier eating & cooking choices for yourself & your family!

IMPORTANT DATE!

The physical fitness test will be conducted in January 15 & 29. Pacoima 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.