October 24, 2012

Dear Parent or Guardian,

The purpose of this letter is to inform you that Plymouth Public Schools has been awarded a federal grant from the U.S. Department of Education for our Physical Education and Health Classes. The Physical Education for Programs (PEP) grant focuses on developing important skills, knowledge, and behaviors that will help students adopt healthy habits that they will carry into adulthood.

Due to your child(ren) currently participating in PE class during the school day, he/she will be directly benefiting from the grant. Every school will be focusing on developing a standards based, best practice K-12 PE and nutrition education program that targets lifetime fitness activities and good eating habits. Students participating in PE will be challenged to participate in 60 minutes of physical activity a day at least 5 days a week and to meet daily dietary guidelines promoted by the USDA. In order for the district to monitor and report progress towards the grant’s goals, students will be asked to participate in evaluations/assessments four times a year (5 times the first year to establish a baseline). The evaluation includes:

students monitoring the number of steps they have taken daily over a week time period through the use of a pedometer (provided by the district);

a cardiovascular fitness test (ex. The PACER test); and

a survey about their nutritional/eating habits.

 The final component of the grant is to periodically monitor the weight status of the student population using an aggregate Body Mass Index (BMI) data collection process. Individual student data will NEVER be released. All BMI data will be anonymously lumped together for data analysis and reporting purposes ONLY. Student participation and results will NOT be tied to their grades.

This letter serves as notification that since your child(ren) is enrolled in a PE class, he/she will participate in the grant’s curriculum to improve his/her physical fitness and eating habits. If you do not want your child to participate in the evaluation assessments and/or the BMI assessment, please complete the attached form and return it to your child’s school by Wednesday, November 23, 2012. **The initial baseline data assessment will begin the week of December 17, 2012.**

If you have any questions about the grant or the different evaluation components, please contact your child’s PE teacher or myself (Lisa Daly, Healthy & Fit 4 Life Program Coordinator) at 860-567-0863. We are excited about this opportunity for our students and district.

Sincerely,

Lisa Daly

[daly@EDUCATIONCONNECTION.org](mailto:daly@EDUCATIONCONNECTION.org)

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, do not want my child,**

**(Parent/guardian name)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to participate in the evaluation**

(Child’s name)

assessment and/or the BMI assessment.

(Parent’s signature) (date)

Please return to your child’s school by Wednesday, November 23, 2012.