



Becky Carman
Academic Administrator
for Health and Physical
Education K-12
Shenendehowa Central
School District
970 Route 146
Clifton Park, NY 12065
(518) 881-0310

Childhood Obesity— Reaching Epidemic Magnitude

According to the American Heart Association, childhood obesity has reached epidemic proportions in the United States. An estimated **9.9 million** children and adolescents (ages 6 to 19) are considered overweight. The Department of Health and Human Services estimates that by 2010, 20% of children in the U.S. will be obese. Which means, when these children are grown up it is very likely that **75% of the adult population will be overweight, with 41% obese.**

It's Gut Check Time!

If obesity continues to increase, it could cut two to five years from the average lifespan. That could cause our current generation of children to become the FIRST in American history to live shorter lives than their parents. And without solution, this trend is projected to continue.

How Did This Happen?

It's no secret that a decline in physical activity has vastly contributed to this unprecedented epidemic of childhood obesity. According to the American Heart Association and The National Association for Sport and Physical Education, part of this decline is in our nation's schools where physical education programs have

The Struggle to Adulthood

70% of overweight children will become overweight adults. This increases the likelihood of medical problems including:

High blood pressure - which leads to the development of **heart disease, kidney failure and stroke.**

been cut back in the last two decades.

How can we put a stop to this epidemic?

Raise public awareness about this serious threat. Get information into the hands of those who will act on it. Encourage good health practices for youth, including: daily physical activity, a low-saturated fat, low-cholesterol diet after age 2, smoking prevention, appropriate weight to height ratios, and regular pediatric medical checkups.

The Simplest of Solutions...

Quality Physical Education!

The quality of a schools physical education class is as important as the frequency if children are to reap the full benefits of regular physical activity. Here at Shenendehowa you can be assured that your child's physical education program is based on National and State Standards—allowing quality to prevail in every lesson at every level. However, to really be successful, help is needed at every angle: adequate resources, professional development, support from administrators, parent and community involvement, and adequate space and facilities.

The result?

For now, all we can hope for is an appropriate resolution to surface before we lose this nation wide battle.

Type II diabetes - which is a major cause of **kidney failure**, and is the leading cause of **adult-onset blindness.**

Respiratory problems - such as **sleep apnea**, a serious condition that occurs when people stop breathing during sleep.

Musculoskeletal problems - such as **low back pain and arthritis**, caused by the entire weight of the upper body falling onto the base of the spine.

No Child Left "On Their" Behind

The American Heart Association (AHA) and The National Association for Sport and Physical Education (NASPE) recently endorsed the Fitness Integrated with Teaching Kids Act (FIT Kids Act), which addresses the nation's childhood obesity epidemic by putting **more emphasis** on quality physical education and physical activity for all public school children.

The FIT Kids Act, which was introduced on July 31 2007, would better integrate physical education into the recommendations of 150 minutes of physical education per week for elementary school students and 225 minutes per week for students in middle and high schools. It would also require that schools, districts, and states include the quantity and quality of physical education in the "report cards" currently sent to parents.

"We believe that the FIT Kids Act can make a real and meaningful difference in the fight against childhood obesity without overburdening schools, districts and states, said NASPE President Craig Buschner, Ed. D., professor at California State University, Chicago. "Through its multi-faceted approach that includes accountability, reporting requirements, professional development, research and support of children and teachers, there is an unprecedented opportunity to start to bring this epidemic under control."

Preventing Obesity:

Tips for Parents

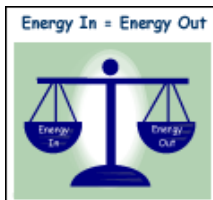
- Respect your child's appetite: children do not need to finish every bottle or meal.
- Avoid pre-prepared and sugared foods when possible.
- Limit the amount of high-calorie foods kept in the home.
- Provide a healthy diet, with 30 percent or fewer calories derived from fat.
- Provide ample fiber.
- Skim milk may safely replace whole milk at 2 years of age.
- Do not offer sweets in exchange for a finished meal.
- Limit television watching.
- Encourage active play
- **Establish regular family activities.**

Free Family Fun

- Rake the leaves, break off into two teams, and see which team can rake their section the fastest. Then take turns jumping into the leaf piles.
- Hike your local park or nature center.
- Play touch football.
- Build a snow fort.
- Have a family snow ball fight.
- Go sledding.
- Make snow angels.
- Shovel your driveway. (Make it fun for everyone by assigning a reward when done—such as a movie night, or trip to the bowling alley)
- Snowboard or ski.
- Have a dance-off.
- “Spring” clean your house. (See which family member has the most stuff to donate to goodwill)

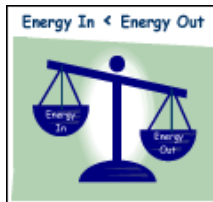
How do you weight in?

Maintaining weight



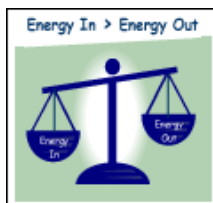
Your weight will stay the same when the calories you eat and drink equal the calories you burn.

Losing weight



You will lose weight when the calories you eat and drink are less than the calories you burn.

Gaining weight



You will gain weight when the calories you eat and drink are greater than the calories you burn.

Around Our Community

Cost for activities or membership fees may be required. Contact listed business for pricing.

Clifton Park Ice Arena-

Clifton Commons

Public Skating—
Tuesdays, Thursdays,
weekends and school va-
cations.

Learn to Skate—All
ages and levels

Hockey Leagues—Year
round

For schedules, informa-
tion and pricing visit
www.cliftonparkarena.com OR
call 518-383-5440

Sportsplex of Halfmoon

Soccer Leagues—Youth,
Adult Men's, Women's,
Coed and Over 30

Tournaments

- **November 23rd-
Thanksgiving Tour-
nament**—Register
online as a team or an
individual

For schedules, informa-
tion and pricing visit
www.sportsplexofhalfmoon.com
or call 518-383-0991

Southern

Saratoga YMCA

Swimming Lessons—all
ages and levels

**Health and Physical Ac-
tivity Programs**

Basketball Leagues—all
ages

**Adult Ballroom Dancing
Lessons**

**Nutrition Services and
Programs**

For schedules, informa-
tion and pricing visit
www.cdymca.org or call 518-
371-2139

Inside the Gymnasium

At the Elementary level our students started off the year with various ice breakers, getting to know you activities, and corporative learning games and challenges that helped students get to know each other, while also building a trust among teachers and classmates.

Now that we are in the swing of things, our students are learning new and exciting skills and movement concepts with units such as soccer, flag football, cross country and fitness. Movement concepts that teach spatial awareness, different levels, various pathways and locomotor moving, our students are definitely building the necessary skills needed to become life long movers.

Five of our elementary schools have begun a running program involving all 4th and 5th grade students. The program promotes and encourages physical activity while motivating students to run five days a week for five weeks. At the beginning of physical education class the students warm up by running around a designated area. When done they record their laps so they can see the distance they ran by the end of the five weeks.

Each of our eight elementary schools has a yearly plan that is created by the physical education teacher for that school. To know exactly what your child is doing in physical education class you will need to directly contact their physical education teacher. Contact information can be found at www.shenet.org under the physical education department webpage.

Intramurals:

Please contact your schools physical education teacher to find out the intramural units available to your child.

In the Middle School our students spent the last two months testing their fitness levels, learning new skills in speedball, dribbling in soccer, passing in flag football, and learning the finer points of field hockey. With winter just around the corner most classes have moved indoors to avoid the sting of the cool, crisp air.

Down in the white gym the wrestling and gymnastics mats have been rolled out, and students will be starting new units that involve balance, flexibility, critical thinking, turning and twisting, rolling and tumbling, and of course teamwork and leadership. The girls are beginning the gymnastics unit while the boys are already underway learning the ins and outs of wrestling.

Down in the green gym our 6th grade students are now practicing their hand and foot dribbling skills in units of speedball and basketball.

Morning Intramurals:

Flag Football has yet again proven to be an intramural favorite. For the past two months numerous boys and girls have been seen from 8:00am-8:40am on the fields outside of Koda MS partaking in this modified version of Americas favorite Sunday sporting event.

Proving to be another popular intramural unit, Gymnastics is already well underway. Any students interested in improving their forward roll, cartwheel, or round-off back handspring should meet at the Koda cafeteria at 8am. For more information you may contact Coach Drezek or Coach McQuade.

This Year in the High School our students are experiencing many new positive changes to the physical education curriculum. First and foremost we have moved to a coeducational teaching environment. With the focus on lifetime learning and physical fitness the students have been reaping the benefits of having more choices in which they can participate. We began the school year with archery, tennis, football and ultimate frisbee learning experiences. With the elective choice system the majority of the students are choosing which activity in which they would like to participate. The participation level is on the rise and students are taking ownership and responsibility when given choices. We just finished the speedball, soccer, rugby and pickleball unit. Three of these learning experiences are new to the high school in the coeducational setting. We are currently moving towards our indoor portion of the elective track with team handball, table tennis, fitness, badminton and floor hockey. Through the use of authentic skill based assessment we are able to track student progress and raise the level of accountability for each individual.

We are looking forward to the passing of the outdoor turf field project. With this incredible resource we will be able to expand our current physical education opportunities not only in space but into later and earlier months of the year. Some of our current additions to our curriculum include a cooperative activities unit, the use of Dance Dance Revolution PS2 Software to our fitness unit, and increased intramural opportunities for students after school.

We look forward to working with your children this year as we all travel the path of lifelong learning through healthful activity. Thank you for your continuing support.

Come check out our Physical Education Web Site at <http://www.shenet.org/district/academicdept/PE/pe.htm>

Fitness Funnies...

Why is basketball such a messy sport?

Answer: Because you dribble on the floor.

What did the right eye say to the left eye?

Answer: Just between you and me something smells.

Why did the tomato blush?

Answer: Because it saw the salad dressing!

Why wasn't the skeleton brave?

Answer: Because he didn't have any guts.

Kid Friendly Recipe

Fresh Fruit Burritos

This delicious blend of fresh fruit, peanut butter, and vanilla yogurt all wrapped up in a flour tortilla, makes a healthy snack for kids and grown-ups alike.

Ingredients

4 6-inch flour tortillas
4 tbsp. creamy peanut butter
1 banana
4 med. fresh strawberries
1 med. fresh peach
1/4 cup fresh blueberries
4 tbsp. vanilla yogurt

Preparation

Wash fruit; Peel peach, halve and remove pit. For each burrito, spread 1 tbsp. peanut butter evenly on a flour tortilla to within 1/2 inch of edge. Place in the center 1/4 sliced banana, 1 sliced fresh strawberry, 1/4 thinly sliced peach and approx. 1 tbsp. blueberries. Drizzle 1 tbsp. vanilla yogurt over the fruit. Carefully fold one side of tortilla over the fruit. Roll the folded side towards the other side; the peanut butter will help hold it together.

Nutrition Information

258 calories, 11 g total fat, 2 g saturated fat, 3 g polyunsaturated fat, 35 g carbohydrates, 8 g protein, 19 RE vitamin a, 12 mg vitamin c, 77 mg calcium, 239 mg sodium, 2 mg iron, 4 g fiber

For more kid friendly receipt visit www.mealsmatter.org

Be Like the Animals

by Mabel Watts

If you want to be healthy
And grow a good size,
Be like the animals...

EXERCISE!

Dance like a poodle,
Or crawl like a crab.
Walk to the playground...
Don't ride in a cab!

Stretching and bending is
Delightful and dandy—
Be a giraffe
(If one isn't handy.)

Or hippety-hop
Like a kangaroo
To feel fiddle-fit
And as good as new.

On cold frosty mornings
Don't grumble and shiver.
Bundle up like a rabbit
and skate on the river.

For vigor and vim,
To keep fit and trim,
You can be like a fish
And learn to swim!

You will not see a tiger
Look listless and lumpy!
A tiger is chipper
And frisky and jumpy!

Like a snake, you can
sway
To the tune of a flute...
You can even do better
Without hearing one
toot!

Stalk like a kitten,
Or slide like an otter,
Or work like a beaver
On your home in the
water.

If you want to grow
healthy
And wealthy and wise,
Be like the animals...
EXERCISE!

SHENENDEHOWA CENTRAL SCHOOLS

Questions, comments, concerns and suggestions regarding this newsletter can be sent to:

Kelly Ledwith

Physical Educator - Koda MS/Shatekon Elem.
Shenendehowa Central School District

970 Route 146

Clifton Park, NY 12065

(518) 881-0600 X48552

LedwKell@shenet.org