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Subject: PE4life Newsletter
Date: Monday, February 02, 2009 11:00:48 AM



PE4life

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February 2, 2009
Newsletter

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PE4life Shout Out!

Check out this article about a Superintendent defending physical education during a time of budget cuts:

"I've never been so proud of P.E. teachers," he said. "They don't just roll a ball. At Andrews they have a climbing wall. They are doing dance and movement and numbers. It's all curriculum. Everything we do is interrelated. They are doing problem solving skills. I just don't see cutting that." [Read more](#)

Sponsor Spotlight

Human Kinetics



Human Kinetics Special Discount for PE4life

Make PE4life your Resource Partner with PEP!

As PE4life helped to write the bill that became the PEP Grant, we can offer a wealth of knowledge and services to help you win a PEP Grant this year. Join us for one of our upcoming resource bundles, which include information on how to write a winning grant, advice from a PEP expert who has applied for and WON a PEP Grant, and how to use PE4life as a resource partner during the entire process – from writing the grant to sustaining your PE program after the grant money runs out.

Space is limited, so sign up now!

Choose from one of the following PEP Grant Resource Bundles:

1. PEP Resource Bundle- \$50
 - a. Includes a copy of Spark by Dr. Ratey (value \$19.99)
 - b. Includes a copy of the PE4life training manual (value \$39.00)
 - c. Includes a PEP Grant writing handbook (value \$3.00)
 - d. Includes participation in an informative teleconference, facilitated by PE4life Program Service Manager and a former PEP grant winner and expert
2. PEP Resource and Consultation Bundle- \$150
 - a. Includes all the resources listed above
 - b. Includes 1 hour of individual

Contacts. Receive 10% off the price of most Human Kinetics' resources (excluding journal subscriptions and online courses) when you use code L739! Visit www.HumanKinetics.com or call 800-747-4457 to request a catalog or place an order. Take advantage of this great opportunity today!

About Human Kinetics

Human Kinetics was founded in 1974 and is now widely recognized as the foremost publisher in the physical activity field. Human Kinetics publishes FITNESSGRAM, Fitness for Life, Physical Best, and hundreds of other resources for physical educators.

Speed Stacks



Sport Stacking with Speed Stacks®

Sport Stacking with Speed Stacks is an exciting individual and team sport where participants stack and unstack 12 specially designed cups (Speed Stacks) in specific patterns with amazing precision

and dexterity. Sport Stacking is an integral part of more than 25,000 Physical Education programs worldwide and has positively impacted over 10 million students and participants of all ages. Interested in learning more? Contact Speed Stacks and request one of our FREE Complimentary Packs. Our Complimentary Pack includes a set of Speed Stacks, our Stacker Training DVD and ordering information. If you have

not already received your Complimentary Pack, please call us at 1-877-486-2877 (limit one per organization). Start Sport Stacking today and visit our website (www.speedstacks.com) to learn more about this amazing sport.

consultation with a PEP expert

3. PEP Resource Panel Review- \$400

- a. Includes all resources of the two bundles above
- b. Includes a PEP panel to review your PEP Grant application and provide feedback.*

*Cost of review can be used as a credit towards future PE4life Program Support and Services. Your applications need to be submitted to PE4life by 12 pm (CST) Friday, February 20th for review and we will return the application to you by 5:00pm (CST) Friday, February 27th. PEP Grant Application Deadline for the DOE is Friday, March 6th.

Teleconferences will be held on Thursday, February 5 at 4pm (CST), Friday, February 6 at 7am (CST), or Tuesday, February 10 at 4pm (CST).

If you're looking to further your PEP knowledge after the grant application process closes, join us on October 5 for our 3rd Annual PEP Grant Resource Conference. This conference is designed as a tool for past, present, and future PEP Grant winners on how to write a winning PEP Grant, how to best utilize your PEP Grant money, and how to keep your quality PE program strong after the PEP Grant money runs out. Check out www.pe4life.org for more details!

To sign up for a PEP Grant Resource Bundle, log on to our website and visit the [Resources](#) section of the PE4life Pro Shop. For more information about PE4life Program Support and Services, you may contact Teresa Dilley at tdilley@pe4life.org.

Resolve to Keep your Resolution!

It's the end of January and if you're like the other 80% of Americans, the once encouraging idea of a "new year, new you" has left you feeling remorseful and frustrated that your grand promise to be more healthy and fit faded with the holiday lights.

Research shows most New Year's Resolutions fail for a number of reasons, one being that the majority of people set unrealistic goals, such as to lose 40 lbs by April 31st. You're much more likely to stick to your resolution if you set attainable goals,

like to walk for 30 minutes, 4 days a week or to replace those potato chips with carrot sticks for an afternoon snack.

Another notable reason for failed resolutions is the lack of motivation. After a month and a half of eating turkey dinners and peanut butter fudge every weekend, it seems perfectly likely that you can live without the added carbs and sweets. But after a week you start to forget the taste of your grandma's homemade stuffing and dig to the back of the fridge for leftovers. The good news? There are things you can do to stay motivated. First, tell everyone. Let your family and friends know that your new year's resolution is to live a healthier lifestyle and fill them in on your specific goals. Research shows if you share your objectives you're much more likely to stick to them.

Another great resource is the World Wide Web. We often forget there is more to the internet than dancing guinea pig videos and myspace stalking. Blogs and community sites can be a great tool for connecting with others who share the same struggles and triumphs as you. Also, look for sites that let you track your progress online. Below is a list of some great websites that offer advice, tools, and motivation to help you get healthy and fit.

- www.shape.com
- www.eatbetteramerica.com
- <http://health.discovery.com>
- www.onlinefitnesslog.com
- www.myfooddiary.com
- www.blogcatalog.com
- www.coolmomguide.com

Kansas City, Missouri Update

The partnership between the KCMSD and PE4life provides a model for the rest of the country. Since establishing the PE4life Academy training centers at Woodland Elementary School and Lincoln Prep Middle School, 29 other schools within the district have received PE4life training and professional development to date. More will receive training this year. Since training began during the 2006-07 school year, remarkable outcomes have already been noted in schools reporting results, including:

- * increases in health and fitness scores
- * decreases in discipline incidents
- * improvements in academic performance
- * enhanced nutrition education
- * increases in external funding to the district and
- * positive media attention

Through this partnership over the past four years, over \$1 Million in professional development, program service support, special programming and equipment has been provided to the KCMUSD. The financial support has come through PE4life from...

- * Health Care Foundation of Greater Kansas City
- * Blue Cross and Blue Shield of Kansas City
- * Menorah Legacy Foundation
- * Victor Speas Foundation.

In addition, several schools in the district have benefited from the federal PEP Grant, a program that PE4life worked with the federal government to establish in 2002.



"We had a male 7th grade student that weighed 268 lbs last year and was being considered for a diabetes test through his doctor, so we started a program in our PE4life wellness center where he came in 3 days a week plus he also had a 50 minute PE class. During the time from January 2008 to May 2008 he lost 30 lbs. His numbers for his health test greatly lowered and he is striving to keep losing weight. Because of our implementation of the PE4life principles our discipline referrals to the office decreased from 195 in 2006-07 (K-6th grade) to 85 in 2007-08 (K-7th grade), a change of 43.5% in one year.

We also received the following grants: Best Buy \$2,500; two grants from Sprint equaling \$8,695; Excellence Grant KC District \$1,000 and Nickelodeon's Rescuing Recess \$2,500.

**- Carri King,
Baneker Elementary School**

In the past two years, we have had difficulty increasing



the [SFA] reading levels of all students in the pre one level. After implementing techniques presented at the PE4life Summit in Fall 08, 16 of the 17 students moved one or two levels up. As a result of our overall training from PE4life and the on-going support services they provide, Pitcher has seen the following results ...

- 1. Pitcher students made AYP in reading as a result of increasing PE to four days per week (from one day/week)*
- 2. Disciplinary referrals were decreased from 2006-07 to 2007-08*
- 3. Health and fitness scores increased*

**- Kimelin Johnson, Principal
Pitcher Elementary School**

* Please do not respond to this email. If you have questions, comments, or wish to be taken out of our database, please send your name to Melanie Modlin at mmodlin@pe4life.org

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