



EASTERN DISTRICT NEWSLETTER

President's Message

Hello Eastern District Members. My name is Jennifer Lewis, and I am your 2009 District President. Currently I am a teacher at St. Joseph Elementary School in St. Joseph, Illinois where I have been teaching Physical Education for thirteen years.

I became involved in the Eastern District after attending one of the monthly meetings two years ago. Since that time, I have learned the importance of being involved in our Eastern District and believe being involved has made me a better teacher. I am dedicated to keeping up with what is going on in my profession.

As a mother of three children under the age of eight and a member of other committees, I understand how busy our lives can be; however, I would encourage you to find the time to attend the meetings of the Eastern District. Being a supportive part in our Eastern District is painless. At the meetings, you will keep up on the latest in legislation issues, learn of grants that can help your programs, find out what is going on at the next convention and make nominations for those deserving of awards. You can get to know others from our area and find out what they are doing in their programs. Don't be a "roll the ball out teacher". Make our profession proud and get involved. Don't be the **one** that is left out; instead be the **one** who makes a difference in the lives of the children we teach.

I encourage all of you to come to our next meeting; new faces and veterans are all welcome. Look for my reminders about our monthly meetings via email. Jennifer Lewis

2009 Dates to Remember

- March 31st-April 4th AAHPERD Convention Tampa, FL
- April 15 Eastern District Meeting O'Charly's Champaign 6:00 p.m.
- May 20 Eastern District Meeting O'Charly's Champaign 6:00 p.m.
- October 9 Eastern District in-service
- Nov. 19th-20th IAHPERD State Convention Pheasant Run Resort – St. Charles, IL

Mark you calendars **NOW!!!!** We hope to see you there!!! Sessions for Elem, Middle, High.

EASTERN DISTRICT FALL IN-SERVICE October 9, 2009

St. Joseph Middle School

606 E. Peters Dr.

St. Joseph, IL 61873

ILLINOIS STUDENT HEALTH FITNESS ACT

On March 11th, House Bill 2291 passed out of the House Elementary and Secondary Education committee. The vote was 13 yes, 3 no. **The bill will now go to the full House for a vote in the next couple of weeks. We need you to contact your State Representative to ask for his/her support for the Illinois Student Health Fitness Act.** There is a new Fact Sheet for legislators, which you can share with him/her. Calling is more effective than email, even though you might have to leave a message with his/her secretary. You could also ask for a fax number and fax the fact sheet. Be sure they have your name and address and know you are a constituent.

See also the roll call on the Fact Sheet. If your state rep was on the House committee and voted YES, thank them for their yes vote and urge them to become a co-sponsor. The more co-sponsors, the better chance the bill has. Our co-sponsors so far are: David Miller, Elizabeth Coulson, Lou Lang, Jerry Mitchell, William Davis.

Find out how your state rep voted! If they voted NO, inquire why they voted no and ask them to consider changing their vote. If your state rep is not on the committee, please give them the bill number and request a YES vote when the bill is called. **Please make this contact ASAP. We will keep you updated when it is time to contact state senators. Senate Bill 1645 did NOT pass out of committee, but House Bill 2291 is identical, so we are pleased with the progress. Thanks for your advocacy.**

ILLINOIS STUDENT HEALTH FITNESS ACT FACT SHEET House Bill 2291 Rep. Miller, Rep. Coulson

IAHPERD and its coalition partners are supporting the *Illinois Student Health Fitness Act*, a bill that will require the annual health-related fitness assessment of students in grades five, seven and nine. It will also require reporting of this fitness data on the Illinois School Report Card. This data will give parents, administrators and taxpayers a better picture of the fitness levels of the children enrolled in their local schools. The *Illinois Student Health Fitness Act* will also help in setting healthy goals for children and teens that can help address the out-of-control obesity crisis in this state. With the passage of this bill, Illinois will join several other states in tracking the fitness levels of their students, including California, New York, Texas, Arkansas, North Carolina and South Carolina.

WHY DO WE NEED THIS BILL?

1. A staggering 41% of Illinois children, ages 5-19, are overweight or obese (compared to 31.9% nationwide).
2. Attaining and maintaining a healthy level of fitness for kids is a State Learning Goal.
3. There is presently no way to ascertain the overall fitness level of Illinois students because there is no standardized instrument or state reporting of fitness data.

WHO WOULD BENEFIT FROM THIS BILL? Parents and residents of school districts would be better informed.

- Researchers in the medical and health fields need this data.
- Students would be developing skills for healthy, lifelong physical fitness.
- State, county and local public health agencies can better allocate funds to improve child health.
- Schools have more information when planning intervention programs to improve student health.
- Schools can also explore the connection between fitness levels and academic achievement.

WHAT DOES THE FITNESS ASSESSMENT LOOK LIKE?

There are four parts: a cardio-respiratory endurance test, curl-ups, push-ups, and sit and reach. Scores will be reported as group scores and will be compared to scores deemed to be in a range called Healthy Fitness Zone.

WHAT WOULD THIS COST ILLINOIS SCHOOLS?

The monetary cost is insignificant. Teacher training and test instructions will be available on-line for free. A test manual may be purchased for about twenty-five dollars. No special software is required.

IAHPERD and its coalition partners recognize that improving the healthy fitness levels of Illinois children will take time and will require coordinated efforts involving educators, medical and health professionals, community and State leaders. We believe that we can make a real impact in improving child health fitness and an eventual impact on overall child health. *The Illinois Student Health Fitness Act* will be a significant step in this process.

PLEASE SUPPORT HOUSE BILL 2291

The following organizations support the *ILLINOIS STUDENT HEALTH FITNESS ACT* : Illinois Association for Health, Physical Education, Recreation, and Dance, American Heart Association, Midwest Affiliate, American Stroke Association, Illinois Chapter of the American Academy of Pediatrics, Illinois Association of School Nurses, Consortium to Lower Obesity in Chicago Children, Active Transportation Alliance, Healthy Schools Campaign, Illinois Athletic Trainers Association

Mark you calendars NOW!!!! We hope to see you there!!! Sessions for Elem, Middle, High.

EASTERN DISTRICT FALL IN-SERVICE October 9, 2009

2009 ALL CHILDREN EXERCISING SIMULTANEOUSLY

21ST ANNUAL "ACES" PROJECT 6 MAY, 2009

2008 ACES = 600+ ILLINOIS SCHOOLS & approximately 180,000 CHILDREN

Send : ACES Registration c/o Theresa Mapes, Quincy Junior High School, 100 South 14th Str., Quincy Illinois 62301

ACES registration 2009

Name _____ email _____

School or organization _____

Address _____ city _____ zip _____

Number of participating students _____ phone # _____

Registration received by 15th May will be eligible for a special drawing!

Mark you calendars **NOW!!!!** We hope to see you there!!! Sessions for Elem, Middle, High.

EASTERN DISTRICT FALL IN-SERVICE

October 9, 2009

St. Joseph Middle School

606 E. Peters Dr.

St. Joseph, IL 61873

RECESS BEFORE LUNCH

Has your school thought about this? It is being implemented around the United States and in Illinois. A great resource can be found in: A Recess Before Lunch Policy Implementation Guide by the Montana Team Nutrition Program, Office of Public Instruction School Nutrition Programs. They have a booklet available electronically on the Montana Office of Public Instruction School Nutrition Programs Web site,

www.opi.state.mt.us/schoolfood/index.html This booklet provides a variety of information to assist schools in initiating a Recess Before Lunch (RBL) policy. Or you may try:

<http://www.opi.mt.gov/pdf/schoolfood/RBL/RBLGuide2008.pdf> or

<http://www.opi.mt.gov/schoolfood/recessBL.html>

A 2008 survey and results may be found at www.opi.mt.gov/pdf/schoolfood/RBL/08RBLSurveySumRpt.pdf

Montana principals reported particular benefits in: improved student behavior (in the classroom, playground, and lunchroom), increased lunch consumption, and decreased food waste. The two most commonly reported challenges were: (1) revising the daily school schedule and (2) hand washing prior to eating lunch.

Obstacles experienced less often included: (1) lunchtime staffing and supervision, (2) cafeteria layout issues, (3) and staff resistance. Principals reported the following factors for creating a successful RBL schedule: (1) cooperation among school staff, (2) strong administrative leadership and commitment, (3) a trial period to fine-tune the policy, and (4) the expectation that the daily school schedule will be a work in progress.



" I EXCELLED in P.E.!"

Be one of the first teachers!!! Do you have 2 students you want to reward for their efforts? Maybe not your stars or your athletes, but 2 students who have **worked hard** at improving their skills and fitness this year or **try to do their best and give you 200%**. Eastern District is going to help you do this. We are offering 2 free t-shirts from the District with **"I EXCELLED in P.E.!"** across the front of it. **We will promote the Eastern District with our designation in a small area of the shirt or sleeve.** Every member teacher can submit 2 students to the district along with their t-shirt sizes. We will order the shirts and send them or deliver them to you and **YOU** will give them out to your students. Then send us pictures to share of you and your students. Hurry! Fill in the information below and send by 25 April to: Donna Meier, Fisher Grade School, PO Box 700, Fisher, Illinois 61843

Your Name: _____ Email: _____

School Affiliation: _____ Your phone number: _____

Home address: _____ City _____ zip _____

Student #1 _____	t-shirt size	YM	YL	AS	AM	AL	AXL	AXXL
Student #2 _____	t-shirt size	YM	YL	AS	AM	AL	AXL	AXXL



Eastern District IAHPERD
 Donna E. Meier
 108 Hickory
 Gibson City, Illinois 60936

