April 28, 2014

Dear Parent/Guardian,

The West Islip School District is pleased to announce the implementation of the newly created Presidential Youth Fitness Program. The Presidential Youth Fitness Program provides educators with the tools necessary to help students adopt an active lifestyle and improve their health and overall well-being.

Healthy children have less absenteeism, are better able to learn, have higher self-esteem and are at lower risk for developing chronic diseases. Quality physical education programs empower students to embrace active lifestyles. Through implementation of this new program, students can learn how to set goals for and interpret fitness assessment results and learn what they can do to improve their physical well-being.

As part of every educational program, purposeful measurement is an appropriate component of quality physical education. This is where the Presidential Youth Fitness Program health-related fitness assessment, FITNESSGRAM comes into play. FITNESSGRAM uses criterion-based standards that have been found to be associated with good health, as established by a scientific advisory board. FITNESSGRAM measures aerobic capacity, muscular strength, muscular endurance, and flexibility to provide a snapshot of a child’s overall health as it relates to fitness. The assessment provides the starting point for developing physical activity plans to improve fitness.

All students enrolled in physical education grades K-8 will participate in this process. Students are encouraged to be aware of their own health-related fitness and to take responsibility for it by setting personal fitness goals. When students focus on maintaining or improving their fitness level, a positive lifelong impact can be achieved.

Your child’s physical education teacher can assist you in understanding your child’s assessment results. Fitness assessments are a positive first step toward greater health and wellness and will not be used for grading purposes. Fitness assessment results are confidential and are intended to be shared only with the child and parent/guardian. Additional information can be found at www.pyfp.org and the school website.

We thank you for your support of our efforts promoting the well-being of your child and look forward to enhancing the opportunities to positively impact the health of West Islip’s youth.

Sincerely,

Tim Horan

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