

LEADERSHIP PREPARATORY ACADEMY

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WWW.LEADERSHIPPREPARATORYACADEMY.ORG



Dear LPA Parents and Guardians,

Starting March 18, 2019, the 4th – 8th grade scholars of Leadership Preparatory Academy will be assessed on their ability to complete the five components of the Fitnessgram. The five components consist of: curls, pushups, sit and reach, one mile run and height/weight. In addition, the Health and Physical Education teachers will provide lessons on healthy lifestyles.

Did you know that, according to the Center for Disease Control and Prevention, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years? Accordingly, the executive branch of government has sought to champion this cause by enacting the Presidential Youth Fitness Program. One of the ways this program is being implemented and assessed is through the use of Fitnessgram.

Parents, please make sure your child is well hydrated and well rested during the next few weeks. In addition, please make sure that your student is eating a balanced meal to maintain maximal energy reserves. If your child is asthmatic, rescue inhaler usage should be used prior to exercise. Information for Nurse Cahill should be up-to-date. If your student's medical information is not up to date, please send in another form. The form is located on the school website under the Parent's tab called School Health Clinic Card. Please make sure Nurse Cahill has updated forms by **Friday, March 15, 2019**.

If you have any questions or concerns please do not hesitate to email your P.E. teachers:

shomica.robinson.lpa@gmail.com

Jerrell.hardnett.lpa@gmail.com

For more information:

<http://www.cdc.gov/healthyschools/obesity/facts.htm>

<http://www.fitnessgram.net/>

<http://www.pyfp.org/>

Your Physical Education Teachers,

Ms. Robinson and Mr. Hardnett