

January 2009

Dear Parent/Guardian,

Senate Bill 530 required beginning with the 2007-08 school year that the FITNESSGRAM physical fitness assessment be administered to all students in grades **3-12**. Now that we have last year's data, we can begin looking at our students' areas of need and develop a physical education program to focus on those areas, and give our students a plan to better their health and increase their level of fitness. In order to receive a healthy score, students must be in the healthy fitness zone in all 6 areas:

Aerobic capacity, body mass index (% body fat), muscular strength and endurance (pushups and curl ups) and flexibility (sit and reach and back flexibility).

ECISD considers FITNESSGRAM a quality assessment for three reasons:

1. It establishes a baseline of a healthy fitness zone from which students can set goals and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level.
2. It provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.
3. It does not place an emphasis on skill or sports-related fitness such as speed, nor does it compare one student to another.

FITNESSGRAM tests all students regardless of age, gender or ability. Students are encouraged to be self-aware of health related-fitness and take responsibility by setting personal fitness goals. Studies have proven a modest amount of exercise and a healthy diet are all that it takes to obtain health benefits. Students who participate in regular physical activity will be able to achieve a score in the Healthy Fitness Zone.

On your child's test day (week) _____, it is recommended that he/she dress for activity with tennis shoes. However, they can be tested in whatever attire they wear for those days. If your child has an extreme documented medical condition (such as a heart problem) that might limit his/her full participation in the aerobic capacity area of the test, they are permitted to walk, or you can send a medical release from your physician. Because I am concerned with the level of fitness of all students, I encourage them to all participate as much as they can.

You may request a copy of your child's physical fitness assessment by submitting a letter to your principal at the end of the school year. ECISD believes by providing you and your child with this health-related fitness information, you can lead your child toward a healthy lifestyle. A healthy student is better prepared to learn and perform in all aspects of life.

My vision as ECISD's Physical Education and Health Coordinator is for you and your family to bond together to achieve a lifetime of health and wellness. If you have any questions about the FITNESSGRAM Assessment, please feel free to contact me directly, or refer to <http://www.FITNESSGRAM.net/texas/>.

Sincerely,

Susan K. Nix

Coordinator of Science (Pre-K – Physics)

Coordinator of Health and Physical Education 432.334.7199