

Southern Nevada NAHPERD Newsletter

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PEP Grant: Year One Successful



Year One Comes to an End

The Carol M. White PEP Grant is concluding year one of the district's three year commitment. All nine of the grant schools, CP Squires ES, Crestwood ES, Robison MS, Bailey MS, Cannon MS, JD Smith MS, Fremont MS, Mack MS, and Johnston MS have been incorporating instant activity and making efforts to increase moderate to vigorous activity amongst their students. In addition to getting the students up and moving, the schools are hosting Family Fitness and Nutrition Nights. The premise of the evening is to get the families to come back to school after hours and exercise together as a family. The family members have been using newly purchased non-traditional P.E. equipment. Some of this equipment includes: Trikkies, Ripsticks, Spin Bikes, GeoFit mats, TargitFit trainers, cardio equipment, and Wii Dance, Dance, Revolutions systems. Traditional equipment such as jump ropes, ping pong, hula hoops, and stability balls are also being used. The evening also includes a nutritional component. The grant has partnered with community members such as Vegas PBS, Whole Foods, and the Jr. League who have volunteered to come and discuss nutritional issues such as sugar content in food, how to read food labels, and how to stay away from highly processed foods. The feedback from these sessions has been extremely positive. The evenings last about 1 ½ hours and have been growing in numbers. Some of the schools have had over 150 people in attendance. The grant schools will be hosting these evenings twice a year for the next two years. Next year we will be welcoming Cambeiro ES and Cahlan ES to the grant team. Three additional elementary schools will join the grant in year three.

Debbie Pope
PEP Grant Project Facilitator

Calendar of Upcoming Events for NAHPERD

May	Date
Board Meeting CPDC 4:15pm rm 110	13

June	Date
TBA	TBA

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