

Peaceful Playgrounds™ newsletter play nice!

Introducing Peaceful Playgrounds Blog

Blog- It's up and running. Our blogsite covers a variety of topics including breaking news on nutrition, childhood obesity, recess, Peaceful Playgrounds Programs in spotlight, physical education and Peaceful Playgrounds tips. You will find below a listing of some of the most viewed April blog topics with links to the studies.

Is PE a Waste of Time? The [Early Childhood obesity study](#) found, to almost universal astonishment, that children's activity levels are governed not by the number of PE lessons in the school time-table, or even by the sport they do in their own time, but by an internal mechanism that may be preset before birth. In other words, how much energy children expend may be determined by their genes.

The Power of Suggestion: When cafeteria workers ask the question, "A piece of fruit or a glass of juice?", 70% of students ate/drank a fruit serving.

Axe Sweets in School and Kids Benefit: Yet another study indicates that school policies have a positive effect on children's eating. A new study released in Sweden by the medical university Karolinska Institute indicates that childhood obesity rates fell by 6 percent for kids from 6-10 year olds when their school introduced specific rules for sweets and food/drinks.

Exercise the Key to Academic Excellence. It turns out that physical activity can improve not just kids' health, but also their grades. A study released by the American College of Sports Medicine found that 20 minutes of vigorous activity at least three days every week was needed for children to excel academically.

Playgrounds as Obesity Weapon. A nearly free resource in the obesity crisis is the local school or park playground according to a study released by the Rand Research Corporation.

We'll also post all the latest in grant information announcements like the [PEP Grants](#), [CA Block Grants](#), and Federal Character Ed Grants, etc. And as always, don't hesitate to write us with your questions and requests for information. Melinda@peacefulplaygrounds.com

CA Block Grant Funds Released

The California Department of Education(CDE) posted the apportionments for each California school district on their website last week. Entitlements for each school are based on a rate of \$83.04 per (ADA) in kindergarten and grades one through twelve. A complete list of funding levels by County and District can be downloaded from the link below. The CDE website reports that "Warrants will be mailed to county treasurers approximately four weeks from the date of this Notice." [Funding Amounts](#).

PP Product Links

[Peaceful Playgrounds
WE Count Walking
Program
Fundamental Movement
Training
Equipment Packs
Roll Out Stencil Sets
PE & Recess
Instructional Game
Videos](#)



School Walking Program

As the weather gets warmer and we all start to spend more time outside, it's a good opportunity for us AND the children we supervise to ensure we are getting a healthy amount of physical activity.

Children need to be active every day to promote their healthy growth and development. We also know that people who establish a healthy lifestyle pattern at a young age will carry those habits with them into adulthood.

A healthy lifestyle is something we can all benefit from and our children deserve to be given the opportunity to develop healthy lifelong habits.

Need some physical activity and nutrition ideas for teaching children? Visit our website at : <http://www.peacefulplaygrounds.com/pedometers.htm> The We Count Walking program is an innovative new program designed to get kids fit with the slogan, "Get Fit, Don't Sit."

For more pedometer information click here.

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