

Play Nice! Newsletter

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School Talk

It's
sobering

that the
children of
today

may be the
the first
generation

to have a
shorter life
expectancy
than their
parents

due to their
sedentary
lifestyle.

Anne
Flannery,
PE 4 Life

Schools Returning to Healthy Foods, Mandating Recess But Slow in Reinstating P.E. Classes

Many state legislatures are targeting junk food in schools to remedy an epidemic of childhood obesity, but few are strengthening or reinstating physical education programs.

Despite the warnings of the U.S. Surgeon General, the US Congress, and the American Academy of Pediatrics, many states have watered down their PE requirements in recent years.

The Centers for Disease Control (CDC) statistics point out that while schools have squeezed out physical education programs over the last three decades, the number of obese children has tripled to a current 15%.

Although several states have passed resolutions encouraging more time for physical activity, only Texas and Louisiana actually boosted physical education programs requiring 30 minutes daily for elementary students.

Other states like Florida are looking at requiring recess and/or physical education daily in an attempt to slow the current obesity trend.

CDC recommends that children exercise at least 30 minutes a day, yet less than 1/4 of all students meet this requirement.

In a recent US Poll 95% of parents favor daily physical education for their children.

If your school has quality physical education, show your support.

If your school doesn't have a quality PE program, send for the Quality Daily Physical Education Community Action Kit. Ordering information located at: www.pe4life.org



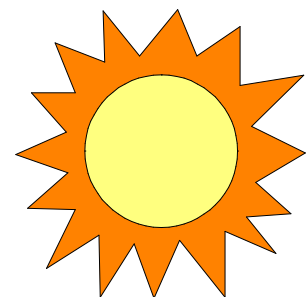
FUN in the SUN

Whether in school or at play summer sun poses a potential hazard for children.

Hot weather requires modifications to insure children's comfort and safety. Schools typically provide shade structure or an inside eating area, allow for additional water breaks during the school day, and limit children's outdoor play during in climate weather.

Here are some additional safe guards that constitute the American Academy of Dermatologist ABC's for FUN in the SUN:

- A: Stay away from the sun in the middle of the day.**
- B: Use 15 or higher sun block**
- C: Cover up with a shirt or hat**
- S: Speak out to family and friends to remind them of sun safeguards.**



To increase children's activity level, order the Peaceful Playgrounds Program and Equipment Package today at www.peacefulplaygrounds.com