



APRIL



Wednesday, April 9, 2025

Congratulations to Keilana! She is the winner of "Predict When There Will Be No Snow on the St. Charles Playground Contest"! Her prize was the big giant candy bar. Finally, even the last chunk of ice is gone and hopefully it will stay that way.

Trip to Madison: 4th -6th graders will be on their way to tour the state capitol in Madison on Friday, May 2nd. The itinerary and permission slip are attached. Please fill these out and return as soon as possible. It's never too soon to pray for good weather!

RedLou Library Fundraiser: The RedLou Library is a fantastic addition to our school. The students are choosing and reading many new books. They are close to making their 65,000 minute reading goal for this year already! (Although the teachers are still winning:;) Please keep in mind that the RedLou Library does a lot of this work through donations. As a way to raise money, the Coon Valley Business Association holds a bingo night every second Thursday of the month. Each bingo night a nonprofit is selected to be the callers and the association donates \$200 to the nonprofit. On Thursday, April 10, RedLou is the selected nonprofit. It is held at the Coon Valley American Legion Hall. Dinner is served by post 116 beginning at 5 pm. Bingo begins at 6:00 pm. For more details go to [CVBA facebook](#) . Hope to see you there.

Guest Reader: Thank you, Mrs. Mickelson, for sharing your love of reading with us. We enjoyed listening to the stories you read and the stories you told about your years teaching at St. Charles! Many of our parents and grandparents were your students.

Bump-Up Day: We've set aside **Monday, May 5th, as a Bump-Up day**. Our 6th graders will shadow other students either at Aquinas or De Soto. The remaining students will "bump-up" to the next grade level for the morning and experience lessons and teaching styles they'll encounter next Fall. We will also welcome any new 4K kids to spend the day. If you know of anyone who would like to join us on that day to check out our wonderful school, please encourage them to contact Carrol.

Tuition & Registration Form: The Tuition & Registration form for the 2025-2026 school year was enclosed earlier. The tuition has been adjusted for the coming school year. Please look it over, complete it, and return to the office by **April 15th** along with the \$150 registration fee for each student. If the registration fee is paid by **April 15th**, this fee will be applied towards tuition for next school year. If you have any questions, please contact Fr. Sedlacek.

PTO Updates:

- * **Last minute meeting April 21st @ 5:15 PM** to dot are t's and cross our i's for the carnival. Please start returning your sold carnival tickets with money and labeled spring carnival to the office.
- * **Fish Fry** - Thank you everyone (parents, kids, staff, Lions and everyone in between)! Without you these would not have been successful! I heard many compliments from "it was delicious", "What did you do to the potatoes? They were amazing?" (kids poured their love or anger into them lol) to "it all ran smooth" or "the line was long but we didn't have to wait long at all". These are only some but it's because of all of you that we heard these compliments so again thank you!
- * **Spring Carnival 4/27** – Less than 3 weeks away! Raffle tickets... sell, sell, sell! More in the office. Write your family or kid's name on the back for carnival play credits.
 - * Keep contacting your businesses for donations and start collecting if you haven't yet - we're seeing some donations come in!
 - * **Work Sheet** – Sign up for at least 1 of the shifts for the actual carnival and plan to help with set up and or take down. We really need everyone's help! See **Volunteer sheet** and sign up for your spot ASAP if you haven't yet. This is also going to the parish but our families should sign up first.

- * **Review parent responsibilities** - sent in email and a paper copy
- * **Scholarship applications** are available & need to be returned by **April 15th - that's next Tuesday**. If you know a graduate meeting the criteria, let them know.
- * **Whole school, end of school trip** is **May 21st** to Niagara Cave, Harmony, MN. Mark your calendars if you want to join.
- * **Graduation Videos:** 6th grade should be finishing up their graduation videos! Less than 2 months till graduation!!!
- * **Yearbook:** Please upload any pictures from the year to Shutterfly.
User name: stcharlespto@outlook.com; Password: **Yearbook!**
- * **Question/Concerns - touch base with Jessie at (608) 780-1146; jbutterfly12384@gmail.com.**

2025-2026 School Year: Enrollment is open for St. Charles 4K-6th grade for the 2025-2026 school year. If you know of families that may be interested, please have them call the office (608) 689-2642 for an application. You may also call or email Fr. Sedlacek (608-689-2646; frdanielsedlacek@gmail.com) OR Mrs. Hytry (608-689-2642; phytry@stcharlesgenoa.org). There are flyers in the office if you would like to give them to others that may be interested.

Mite Boxes Reminder: We ask our students to donate what they are able and to return the mite boxes to school **as soon after Easter as possible**.

Taking Care of the Body God Gave Us: Who can keep up? To be prepared for any weather God gives us, everyone will still need winter hats and gloves/mittens for the time being. If your child comes home with hats or mittens which they borrowed from the school, please wash these and send them back.

Hunger Knows No Season: Please join us in once again collecting for the local food pantries! Bring in a nonperishable food item every Tuesday to help those in need. We will place the items in the food basket at the altar before Mass. This is sponsored by the Middle School Student Council. The food items will support the St. Matthew's Food Pantry.

De Soto Area Schools Alert Notification Information per De Soto instructions for school closures (new): **School Alert Setup:** De Soto offers text message notification service to all the school families. Email your cell phone number to: jkreuzer@desoto.k12.wi with **School Alert Notification Setup** in the title. You will be added to the notification list to receive text and/or phone notification. (Jackie Kreuzer, Adm. Assist. De Soto Area Schools)
St Charles Facebook Page: "Like" the St Charles Facebook Page for updates and events.

St. Charles Wellness Policy: To support our Wellness Policy, enclosed is a hand out "Youth Physical Activity – The Role of Schools". We are required to post the St. Charles Wellness policy on-line as information for parents. It may be found at: <http://stcharlesgenoa.org>.

St. Charles School Unpaid Meal Charles Policy: A requirement for our hot lunch program is that we have an Unpaid Meal Policy in place. If you would like another copy call or email the office.

Enclosures:

Madison trip permission slip and itinerary (4-6th)
Spring Carnival Parent Roles & Responsibilities & Work List
Youth Physical Activity Handout

Dates to Remember:

Fridays in Lent: Stations of the Cross at 2:15
 April 10: Bingo fundraiser in Coon Valley
 April 15: Registration due
 April 17-21: Easter break
 April 22: Singing at Creamery Creek
 April 27: Spring Carnival
 April 30: Wild West Crazy Day (stay tuned for details)
 May 2: Trip to Madison (4th-6th graders)
 May 3: Trivia at 5:30
 May 4: First Communion during Mass
 May 5: Bump-Up Day
 May 13: Spring Concert/Art Show at 7 pm
 May 21: End of Year Field Trip
 May 23: 6th grade Graduation Mass, Last Day Games!

April Birthdays

April 18: Keilana Rodgers

DIOCESE OF LA CROSSE
SUPPLEMENTAL CHILD CONSENT AND RELEASE FORM
PARENTAL/GUARDIAN CONSENT FORM AND LIABILITY WAIVER

Participant's Name: _____

Birth date: _____ Sex: _____

Parent/Guardian's Name: _____

I, _____, grant permission for my child, _____, to
Parent or Guardian's name Child's name
participate in this parish/youth ministry/school event that requires transportation to a location away
from the parish/school site. This activity will take place under the guidance and direction of parish
employees and/or volunteers from St. Charles School.
Name of Parish/School

A brief description of the activity follows:

Date of Event: Fri. May 2 Cost of Event: Personal money for
Type of event: Trip to Madison snacks, gift shops
Destination of event: Olbrecht Gardens, Zoo, Capitol
Individual in charge: Mrs. Hytry
Estimated time of departure and return: 7:30 - 7:00 pm
Mode of transportation to and from event: Private vehicles
Meal arrangements: Bring lunch

I acknowledge that I have previously completed the Comprehensive Child Consent and Release form,
providing medical information, permissions, authorizations and releases pertaining to my child. I have
listed below any additions and/or corrections to the information provided on that form:

Subject to any changes above, I hereby reaffirm any and all such disclosures, permissions,
authorizations and releases as though stated herein.

Signature: _____ Date: _____

contact phone number _____

**DIOCESAN NOTICE
WISCONSIN'S RECREATIONAL IMMUNITY LAW**

Participants (not property owner) in Diocesan-sponsored recreational activities should be aware of Wisconsin's Recreational Immunity law which limits claims and recovery for death or injury while engaging in recreational activities and which imposes legal duties on participants. These legal duties include, but are not limited to:

1. Acting within the limits of his or her ability;
2. Heeding all warnings regarding participation in the recreational activity;
3. Maintaining control of his or her person and equipment devices or animals the person is using while participating in the recreational activity; and
4. Refraining from acting in any manner that may cause or contribute to the death or injury to himself, herself or to other persons while participating in the recreational activity.

Dear Parents:

Our trip to Madison is Friday, May 2nd. Here are the pertinent facts you and your child need to know:

- Drivers are Kai Rodgers, Dani Trussoni, and Kris Olson. Plan to meet before we leave to decide who will be the lead driver and share the GPS route.
- Students should be at school by 7:00 if they need a quick breakfast, by 7:20 if they are ready to go.
- We leave school about 7:30
- We'll stop for a break in Richland Center at a Kwik Trip.
- Our first destination is the Olbrich Botannical Gardens. We should be there around 10:00.
- Please stay with your groups to explore the indoor gardens. There are outdoor gardens to meander through if the weather cooperates. We'll leave for the Henry Vilas Zoo at 11:00.
- If the weather is nice we'll explore the zoo and eat lunch there, leaving the zoo about 1:00. If weather doesn't cooperate, we'll leave the zoo about 12:30 and eat lunch in the basement of the capitol.
- We'll be downtown Madison about 1:30 and everyone will have about 1 hour 15 minutes to explore any of the museums around the capitol. Check the map attached, there is a Veteran's Museum and State Historical Museum close by, the Children's

Museum is farther away and does have an entrance fee.

- We'll meet at the capitol steps off of the Martin Luther King Jr. Blvd. at 2:45 for our tour. The tour will last approximately 45 minutes.
- We'll return to school after our tour, about 4:00, with one pit-stop in between. We should be at school about 7:00. Since we have individual drivers, I think we can coordinate dropping kids off at their houses on our way home.

What to bring:

- lunch and drinks (NO glass bottles), extra snacks
- money for snacks at the pit-stops and gift shops
- electronics may be brought along but we can't guarantee the safety. These must be left on the bus when we're out and the bus will be locked.
- Appropriate weather gear. Please pack rain coats and hats instead of umbrellas if necessary.

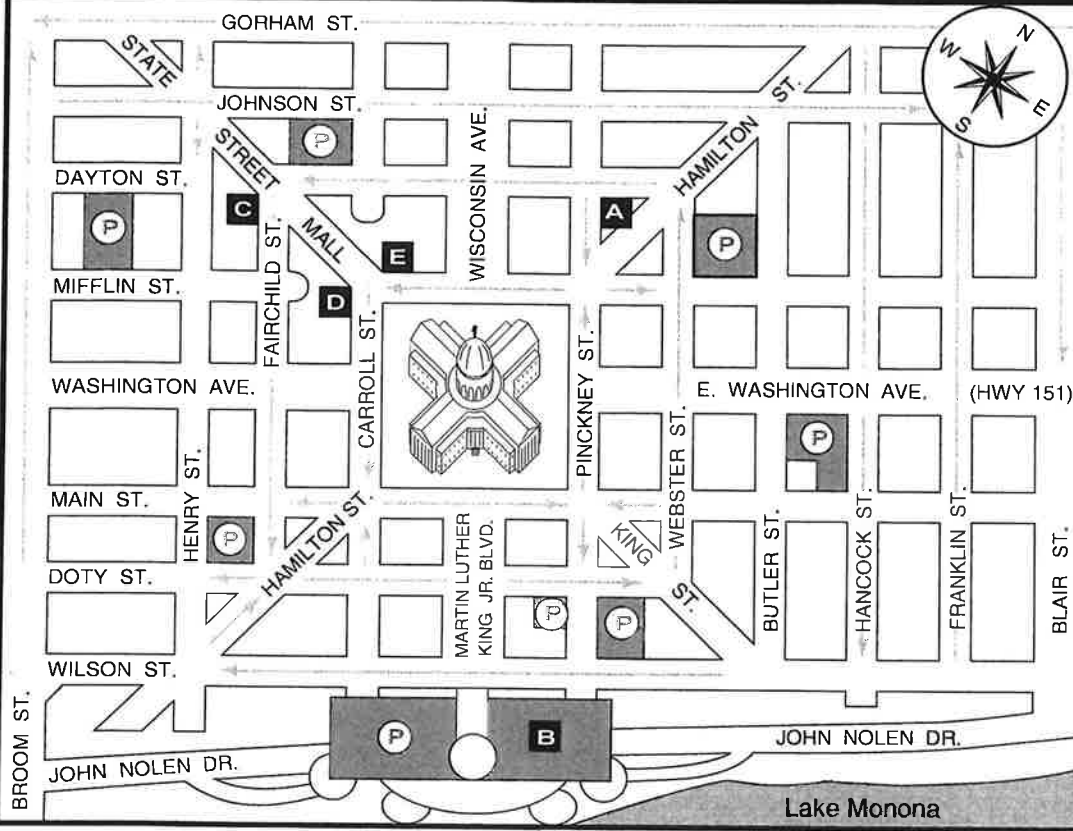
Chaperones will be in charge of a small group of students and **must be with those students at all times**. Everyone decides together where to go.





Pray for good weather! If you have any questions or comments, please let me know.

Patti Hytry
920-573-0207

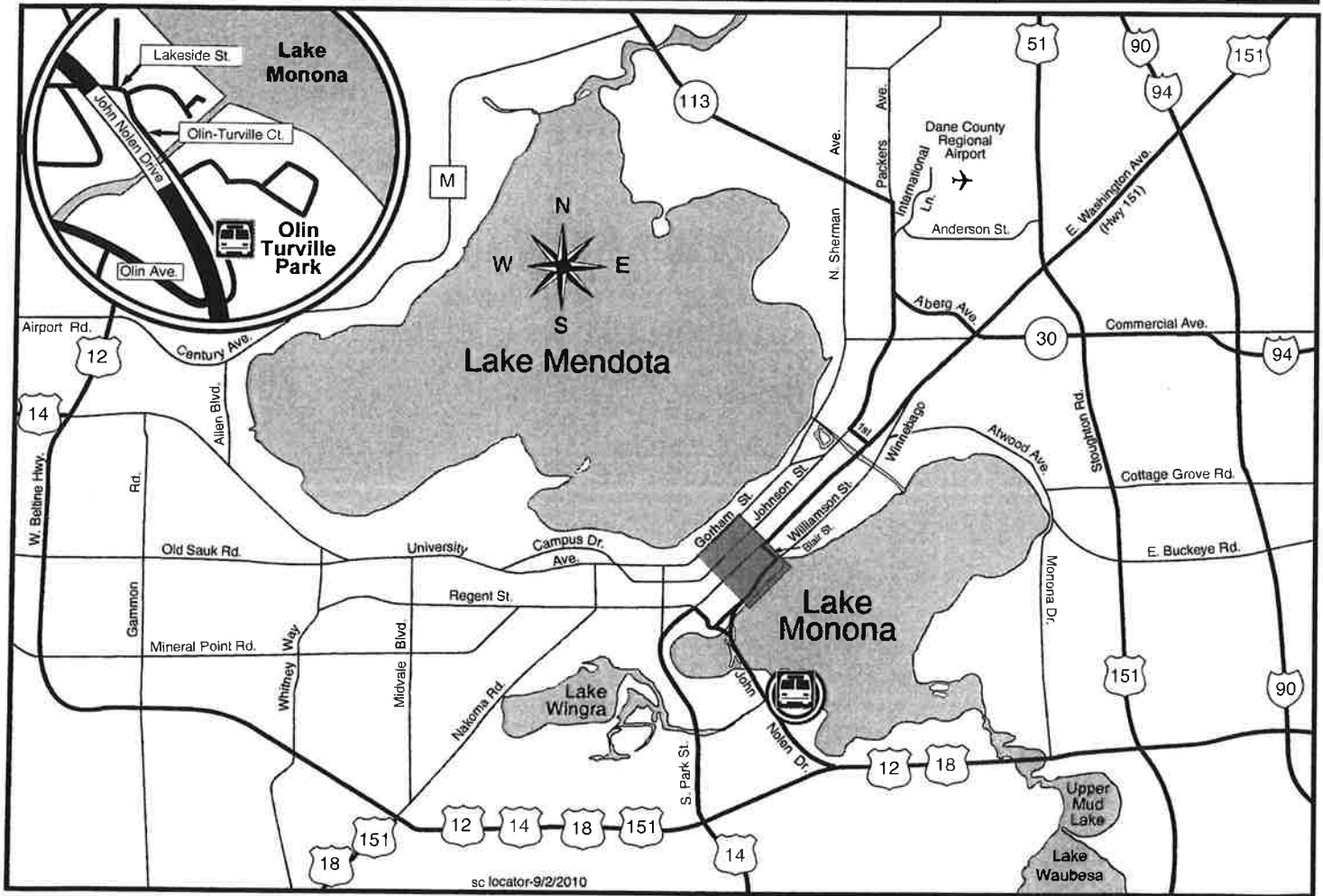
CITY OF MADISON PARKING MAP FOR STATE CAPITOL BUILDING

LEGEND



-  One Way Street
-  Public Parking Facilities
-  Location of Inset Map
- A** Madison Children's Museum
(608)256-6445
- B** Monona Terrace Community & Convention Center
(608)261-4000
- C** Overture Center for the Arts
(608)258-4177
- D** State Historical Museum
(608)264-6555
- E** Veteran's Museum
(608)267-1799
-  Bus Parking
@ Olin/Turville Park
South on John Nolen Drive
Left on Lakeside St.
Right on Olin-Turville Ct.
Continue to parking lot.
(See circular inset, below)

Map Courtesy of Madison Parking Division
www.cityofmadison.com/parking
 Revised September 2, 2010
 All information subject to change.



Lake Wingro

Hours: With Zoo
 Free admission and parking
 The Zoo is open all year.

Buildings

10 a.m. - 4 p.m.

Children's Zoo

10 a.m. - 4 p.m.

Zoo Grounds

9:30 a.m. - 5 p.m.

Event

Strollers, wagons and
 wheelchairs at the Gift Shop
 next to Gate 1.

Zoo closes at noon on
 Thanksgiving Day and Friday
 after - December 24 - 25.
 New Year's Eve and Day.

Blue Metro 4: Bus stop
 located 3 blocks east of
 Erin St. & Mills St.

Bicycle Station
 1 block east



City of Madison



Vilas Outfitters
 Apparel, novelties,
 sundries and hand-
 crafted gifts.
 9:30 a.m. - 5 p.m.



Glacier Grillie
 freshly prepared
 lunch entrees.
 Open daily.



**Zoo Train
 and
 Conservation
 Carousel**
 10 a.m. - 4 p.m.
 Open seasonally.

Zoo Exhibits & Attractions Exhibiciones y Atracciones del Zoológico

- | | |
|---|---|
| 1 Vilas Outfitters Gift Shop
<i>La tienda de regalos</i> | 6 Children's Zoo Barn
<i>Criadero del Zoológico de los Niños</i> |
| 2 Glacier Grillie Restaurant | 7 Giraffe House
<i>Casa de las Jirafas</i> |
| 3 Conservation Carousel & Zoo Train
<i>Carrousel de Conservación y el Tren del Zoológico</i> | 8 Primate House
<i>Casa de los Primates</i> |
| 4 Discovery Center / Herpetarium
<i>Centro de Descubrimiento / Herpetario</i> | 9 Aviary
<i>Pajarero</i> |
| 5 Children's Zoo Animal Exhibits
<i>Exhibiciones de Animales del Zoológico de los Niños</i> | 10 Arctic Passage
<i>Paseo del Ártico</i> |

- | | |
|--------------------------------------|--|
| Food
<i>Comida</i> | Bus
<i>Autobús</i> |
| Treats
<i>Mercedes</i> | Information
<i>Información</i> |
| Gifts
<i>Regalos</i> | Playground
<i>Jardín de Juegos</i> |
| Restrooms
<i>Baños</i> | Zoo Train
<i>Tren del Zoológico</i> |
| ATM
<i>Cajero Automático</i> | Goat Feeding
<i>Alimentación de Cabras</i> |
| Picnic Area
<i>Área de Pícnic</i> | Wagon, Wheelchair, Stroller Rental
<i>Wagon de Carro, Silla de Ruedas, Paseante</i> |
| Parking
<i>Aparcamiento</i> | |
| Photo Booth
<i>Fotomatita</i> | |

PARENTS ROLES & RESPONSIBILITIES



The poster features a central illustration of a blue and white striped carnival tent with a sign that reads "SPRING CARNIVAL". Below the tent, a red banner says "Sunday, April 27". To the right, the text reads "St. Charles School Fundraiser" and "707 Eagle St, Genoa, WI 54632" with a phone icon. Below that, it says "10:30 AM - 1:30 PM". A blue-bordered box contains the text "Fun for the whole family!". At the bottom, it lists "FREE ADMISSION - FOOD - DRINKS - RAFFLE TICKETS" and "NEW CARNIVAL GAMES- BUCKET RAFFLE". On the right side, there are small icons for a game booth, a face painting station, and a prize wheel.

St. Charles School Fundraiser
707 Eagle St, Genoa, WI 54632
10:30 AM - 1:30 PM

Fun for the whole family!

FREE ADMISSION - FOOD - DRINKS - RAFFLE TICKETS
NEW CARNIVAL GAMES- BUCKET RAFFLE

FACE PAINTING

All hands-on deck – parents! The following items are mandatory to support your child's education at St. Charles school. The spring carnival is approaching, and this is our biggest fundraiser. We need everyone to participate in the following:

- Sell raffle tickets!
- Buy jar game prizes.
- Make 4 cakes per family.
- Purchase scratch lottery tickets.
- Select one: set-up or tear down.
- Event shift: Each parent picks a shift to work.

Additional Family Participation:

The PTO is looking for interested individuals to solicit donations from local businesses.

Share the event on social media and hang the poster at a local place.

Note:

The jar game prizes have a \$10+ value, bring several in advance. Each family can purchase between \$5 - 15 in lottery tickets. Please reach out to PTO with questions – Jessie, Michelle R., Megan, Crystal, Ashley, or Michele T.

Spring Carnival 2025

Setup – Friday 4/25 starting @5pm and Saturday 4/26 @8am until it's set up! *We need everyone's help!*

Sunday – Arrive at least 15 mins before your shift starts

Workstation	10:00 am – 12:00 pm	12:00 pm – 2:00 pm
Dessert Walk (2)	1)	1) Beth & William Mitchell
Jar Game (3)	1) Cora Gianoli Family 2) Cora Gianoli Family 3) Cora Gianoli Family	1) Cora Gianoli Family 2) Cora Gianoli Family 3) Cora Gianoli Family
Plinko Balloon darts	1) Shelby DeGarmo 1)	1) 1)
Face Painting Tattoo	1) Kelly Hutchinson 2) Elsie Venner	1) Kelly Hutchinson 2) Elsie Venner
Nerf Game (1)	1)	1) Abigail Mitchell
Fishpond Bowl	1) Nalani Rodgers	1)
Sucker Tree (1)	1)	1) Perpetua Mitchell
Football Toss (1) Golf (1)	1) Kanoa Rodgers 1)	1) 1)
Dice Game (2)	1) 2)	1) Nate Trussoni 2) Sal Trussoni
Prize Room (2)	1) Michelle Rodgers 2) Cindy Gehde	1) Michelle Rodgers 2) Cindy Gehde
Kitchen (4) 1 st shift starts at 9 am	1) Danyel Buncak 2) Crystal Lavey 3) Char Venner-Proctor 4)	1) Char Venner-Proctor 2) Jen Albrecht 3) 4)
Kitchen Cashier (1)	1)	1)
Tickets - Raffle & Games - (2)	1) Patti Hytry 2) Randy Hytry	1) MaryKate Donovan 2) Mariette Donovan
Basket Raffle (1)	1) Ashley Eckes	1) Danielle Trussoni
Lottery Board raffle (1)	1) Orey Eckes	1)
Cashier (1)	1)	1)
Float (1)	1) Jessie Cina	1) Jessie Cina

Youth Physical Activity:

The Role of Schools



Being physically active is one of the most important steps to being healthy. Schools are an ideal setting for teaching youth how to adopt and maintain a healthy, active lifestyle. Schools can help youth learn how to be physically active for a lifetime.

Why Should Schools Provide Physical Activity Programs?

- Youth who are physically active get physical and mental health benefits.
- Comprehensive school-based physical activity programs can help youth meet most of their physical activity needs.
- School-based physical activity programs benefit communities as well as students and schools.

How Does Physical Activity Help?

- Builds strong bones and muscles.¹
- Decreases the likelihood of developing obesity and risk factors for diseases like type 2 diabetes and heart disease.¹
- May reduce anxiety and depression and promote positive mental health.¹

How Much Physical Activity Do Youth Need?

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.²
 - **Aerobic Activities:** Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Vigorous-intensity physical activity should be included at least 3 days per week.
 - Examples of aerobic activities include bike riding, walking, running, dancing, and playing active games like tag, soccer, and basketball.
 - **Muscle-strengthening Activities:** Include muscle-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
 - Examples of muscle-strengthening activities for younger children include gymnastics, playing on a jungle gym, and climbing a tree.
 - Examples of muscle-strengthening activities for adolescents include push-ups, pull-ups, and weightlifting exercises.
 - **Bone-strengthening Activities:** Include bone-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
 - Examples of bone-strengthening activities include hopping, skipping, jumping, running, and sports like gymnastics, basketball, and tennis.
- Some activities may address more than one category at a time. For example, gymnastics is both muscle-strengthening and bone-strengthening while running is aerobic and bone-strengthening.
- Activities should be age-appropriate, enjoyable, and offer variety.²

How Physically Active Are Youth?

- In 2007, only 17% of 9th–12th grade students said they were physically active at least 60 minutes per day.³
- Among 9–13 year olds, only 39% said they participated in organized physical activity.⁴
- In 2007, only 30% of 9th–12th grade students said they attended physical education classes every day.⁵
- In 1969, 41% of students walked or biked to school; by 2001, only 13% of students walked or biked to school.⁶



How Does Physical Activity Affect Academic Achievement?

- Physical activity can help youth improve their concentration, memory, and classroom behavior.⁷
- Youth who spend more time in physical education class do not have lower test scores than youth who spend less time in physical education class.⁸
- Elementary school girls who participated in more physical education had better math and reading tests scores than girls who had less time in physical education.⁹

What Can Schools Do To Promote Physical Activity for Youth?

- Have policies that provide time for organized physical activity and free play.
- Provide information to parents about the benefits of physical activity in messages sent home and at school events.
- Encourage staff to be active. School staff and school leadership are role models for students.
- Encourage families and local groups to be involved in school-based physical activities and events.

How Can Schools Help Youth Be More Physically Active?

A large percentage of youth physical activity can be provided through a comprehensive school-based physical activity program with quality physical education as the cornerstone. All of the parts of a physical activity program (listed below) help youth explore different physical activities and give them the chance to learn and practice the skills to establish physically active lifestyles. A comprehensive physical activity program includes the following:



Quality Physical Education

- Gives students the knowledge and skills to participate in a lifetime of physical activity.
- Teaches movement skills and how to assess physical activity.
- Uses materials that are appropriate for the age and skill level of the students.
- Uses activities that keep students active for most of class time (more than 50% of class time).
- Meets the needs of all students.
- Is an enjoyable experience for all students.

Policy Recommendation: Schools should require daily physical education for students in kindergarten through grade 12 (150 minutes per week for elementary schools and 225 minutes per week for secondary schools).¹⁰



Recess

- Gives students the chance to have unstructured physical activity and to practice what they learn in physical education class.
- Helps youth learn how to play together and handle conflict.¹¹⁻¹²
- Improves attention and concentration in the classroom.¹³⁻¹⁴

Policy Recommendation: Schools should incorporate at least 20 minutes of recess per day in addition to physical education classes.¹⁵



Physical Activity Breaks

- Build activity into classroom lessons.
- Enhance on-task classroom behavior of students.¹⁶

Physical Activity Break Ideas: Take a walk outside as part of a science class or ask students to name and act out action words from a story through physical activity.¹⁶



Intramural Sports

- Offer physical activity opportunities before, during or after school hours.
- Provide students with a choice of activities like walking, running, hiking, swimming, tennis, dancing, and bicycling.
- Offer students of all skill levels an equal chance to participate.



Interscholastic Sports

- Help students work together and engage in friendly competition.¹⁷
- Help students learn sport-specific and general motor skills.¹⁷
- May improve mental health and reduce some risky health behaviors such as cigarette smoking, illegal drug use, and having sexual intercourse.¹⁸⁻¹⁹



Walk- and Bike-to-School Programs

- Can increase student levels of physical activity.²⁰
- Promote partnerships among students, parents, and community organizations and members.
- Improve the safety of those walking and biking around schools.
- Decrease traffic near schools.

Activity Recommendation: Schools should participate in International Walk to School Week and support ongoing walk and bike to school programs (e.g., create safer routes to school, provide access to secure bike racks).

How Can Schools Partner with Families and Community Groups?

- Let families know about physical activity programs at school and in the community. To make sure everyone receives the information, use different formats such as flyers, newsletters, telephone calls, e-mails, conversations at school, Internet, and media coverage.
- Include families and community members on the school health advisory council.
- Offer chances for families to participate in physical activity programs. This could include family homework assignments, activity newsletters, or family nights.
- Provide physical activity programs or workshops to students, families, and school staff. Schools can work with community organizations to allow public use of school gyms and playing fields after school hours and on weekends. Local businesses, community groups and health organizations may be able to sponsor or fund physical activity programs and events.
- Programs and messages should reflect the culture of the community and the local physical activity opportunities.

Where Can I Find Additional Information about School-Based Physical Activity?

- U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008. Available at: <http://www.health.gov/paguidelines>.
- Centers for Disease Control and Prevention. Healthy Youth! Physical Activity. Available at: <http://www.cdc.gov/HealthyYouth/physicalactivity/>.
- Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. Available at: <http://www.cdc.gov/physicalactivity>.
- Centers for Disease Control and Prevention. Physical Education Curriculum Analysis Tool. Atlanta, GA: U.S. Department of Health and Human Services; 2006. Available at: <http://www.cdc.gov/HealthyYouth/PECAT/index.htm>.
- Centers for Disease Control and Prevention. Kids Walk-to-School: A Guide to Promote Walking to School. Available at: <http://www.cdc.gov/nccdphp/dnps/kidswalk>.
- National Association for Sports and Physical Activity. Comprehensive School Physical Activity Programs Package. Available at: http://iweb.aahperd.org/naspe/pdf_files/CSPAP_Package.pdf.
- National Association for Sports and Physical Activity. Integrating physical activity into the complete school day. Available at: http://www.aahperd.org/Naspe/pdf_files/integratingPA.pdf.
- The President's Council on Physical Fitness and Sports. President's Challenge Presidential Champions Program. Available at: <http://www.presidentschallenge.org/index.aspx>.



**Be Active and Play,
60 minutes, every day!**

References

1. U.S. Department of Health and Human Services. Physical activity guidelines advisory committee report. Washington, DC: U.S. Department of Health and Human Services; 2008.
2. U.S. Department of Health and Human Services. 2008 Physical activity guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008
3. Centers for Disease Control and Prevention's National Youth Risk Behavior Surveillance—United States, 2007. Unpublished data.
4. Centers for Disease Control and Prevention. Youth Media Campaign Longitudinal Survey, 2002. *MMWR* 2003;52(33): 785-8.
5. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2007. *MMWR*. 2008;57(No. SS-4):1-131.
6. McDonald MC. Active transport to school: trends among U.S. schoolchildren, 1969-2001. *American Journal of Preventive Medicine* 2007;32(6):509-16.
7. Strong WB, Malina RM, Blimkie CJ, Daniels SR, Dishman RK, Gutin B, et al. Evidence-based physical activity for school-aged youth. *Journal of Pediatrics* 2005;146(6):732-7.
8. Sallis JF, McKenzie TL, Kolody B, Lewis M, Marshall S, Rosengard P. Effects of health-related physical education on academic achievement: Project SPARK. *Research Quarterly for Exercise and Sport* 1999;70(2):127-34.
9. Carlson SA, Fulton JE, Lee SM, Maynard LM, Brown DR, Kohl HW, et al. Physical education and academic achievement in elementary school: data from the early childhood longitudinal study. *American Journal of Public Health* 2008;98(4):721-7.
10. National Association for Sport and Physical Education. Moving into the future: national standards for physical education, 2nd ed. Reston, VA: National Association for Sport and Physical Education; 2004.
11. Burdette HL, Whitaker RC. Resurrecting free play in young children: looking beyond fitness and fatness to attention, affiliation, and affect. *Archives of Pediatrics and Adolescent Medicine* 2005;159(1):46-50.
12. Jarrett OS, Maxwell DM, Dickerson C, Hoge P, Davies G, Yetley A. Impact of recess on classroom behavior: group effects and individual differences. *Journal of Educational Research* 1998;92:121-6.
13. Pellegrini AD, Davis PD. Relations between children's playground and classroom behaviors. *British Journal of Educational Psychology* 1993;63(Pt 1):-88-95.
14. Sluckin A. *Growing up in the playground: the social development of children*. London: Routledge & Kegan Paul; 1981.
15. National Association for Sport and Physical Education. Recess in elementary schools. Reston, VA: National Association for Sport and Physical Education; 2006.
16. Mahar MT, Murphy SK, Rowe DA, Golden J, Shields A, Raedeke TD. Effects of a classroom-based program on physical activity and on-task behavior. *Medicine and Science in Sports and Exercise* 2006;38(12):2086-94.
17. National Association for Sport and Physical Education. Eight domains of coaching competencies. Reston, VA: National Association for Sport and Physical Education; 2006.
18. Pate RR, Trost ST, Levin S, Dowda M. Sports participation and health-related behaviors among US youth. *Archives of Pediatrics and Adolescent Medicine* 2000;154(9):904-11.
19. Seefeldt V, Ewing ME. Youth Sports in America. *The President's Council on Physical Fitness and Sports Research Digest* 1997;2:1-12.
20. Cooper AR. Physical activity levels of children who walk, cycle, or are driven to school. *American Journal of Preventive Medicine* 2005;29:179-84.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Adolescent and School Health
www.cdc.gov/HealthyYouth

August 2009