

REDWOOD CITY SCHOOL DISTRICT

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REDWOOD CITY SCHOOL DISTRICT HONORED BY GOVERNOR FOR FITNESS PROGRAM

REDWOOD CITY, CA, September 16, 2009 – The Redwood City School District was one of eleven districts statewide to win a “Champion for Fitness” Spotlight Award today from the California Governor’s Council on Physical Fitness and Sports. Superintendent Jan Christensen received a medal from Governor Arnold Schwarzenegger, and was congratulated by State Superintendent of Schools Jack O’Connell this morning at a ceremony honoring districts, schools, teachers, PTAs and



RCSD Superintendent Christensen accepted a medal from Governor Schwarzenegger for Fitness Award

community organizations. The Spotlight Awards were given to “individuals, organizations and events that employ innovation, inspiration, and initiative to positively impact physical activity, fitness levels and the well being of California children and youth.”

Redwood City was recognized as a Champion for Fitness for several programs organized and funded in collaboration with local hospitals, the Redwood City Education Foundation, and the district’s Wellness Committee, a group consisting of Redwood City 2020, district staff, a school board trustee, community members, representatives from local hospitals and health organizations – all dedicated to educating students and their families about health, nutrition and fitness.

The programs recognized by the Council include:

- **“Make Time for Fitness” walking/running courses:** The Make Time for Fitness Courses were a project by Sequoia Hospital, the San Francisco Giants and the school district to install walking/running courses on every playground in the district to encourage physical activity and fun. Students use these courses before and after school, and during recess and lunch. One schools uses the course for a school-wide “Morning Stretch.”
- **FitFun Game Guide:** The district’s Wellness Coordinator, a position funded for the past three years by the Redwood City Education Foundation through grants from Kaiser Permanente and Sequoia Hospital/Catholic Healthcare West, and members of the Wellness Committee put together a guide with physical fitness activities that can be easily implemented by K-5 teachers. A number of the FitFun Game guide activities utilize these “Make Time for Fitness” courses.
- The district provided **health and nutrition workshops for low-income families** including Family Fun Nights, breakfast events, parent diabetes education, Latino Family health series, and educational theater programs that address healthy eating and physical activity.
- **“Kids are Giants Too” district wide field trip:** an event organized by Sequoia Hospital that gave more than 1,000 4th graders the chance to hear inspirational messages from a

Giants pitcher and trainer about the importance of eating healthy, staying active and avoiding tobacco.

“We are thankful that we can collaborate with many dedicated organizations and individuals in our community, all of whom care deeply about the health and wellness of our students,” said Superintendent Jan Christensen. “We know there is a link between learning and good health and our partners have made it possible to educate our students about the importance of staying healthy and eating right.

“As a foundation that exists to raise private money to provide programs that are beyond the bare basics funded by the state, we are very committed to finding funding for programs like these that keep our students healthy,” said Jo-Ann Sockolov, president of the Redwood City Education Foundation, which led the fundraising effort for the Wellness Coordinator position for the last three years. The Foundation has not yet secured funding for the Wellness Coordinator position for the 2009-10 school year.

The Governor’s Council on Physical Fitness and Sports is a non-profit, non-partisan organization dedicated to promoting physical activity for all Californians, with an emphasis on children and youth. For more information, please visit this website: <http://www.calgovcouncil.org>.

The Redwood City School District operates elementary and middle schools serving students from kindergarten through grade 8. The district serves approximately 9,000 students at 17 schools. For more information, please visit the Redwood City School district web page at www.rcsdk8.net.

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