



Waukegan Public Schools

(Community Unit School District No. 60, Lake County, Illinois)

Division of Instructional Services and Programs

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Dear Parent/Guardian,

The Waukegan Community Unit School District was awarded a federal grant (Physical Education Program Grant) to improve the physical education program and subsequently the health and well being of the students of Waukegan. Our program is named The Waukegan Wellness Program. One of the initiatives of this program is to assess the physical fitness levels of students in grades three through twelve. We have chosen the FITNESSGRAM to accomplish this task. FITNESSGRAM is a research-based criterion referenced test developed by The Cooper Institute for Aerobic Research. The Waukegan Community Unit School District considers FITNESSGRAM a quality assessment for three reasons:

1. FITNESSGRAM established a baseline of a healthy fitness zone from which students can set goals and check their progress to help them plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures aerobic capacity, muscular strength/endurance, flexibility and body composition.
2. FITNESSGRAM provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.
3. FITNESSGRAM is non-competitive. It does not compare students to other students.

The FITNESSGRAM test items for the Waukegan Wellness Program include:

- The Pacer (measures aerobic capacity)
- Push Ups (measures upper body muscular strength/endurance)
- Curl Ups (measures abdominal muscular strength/endurance)
- Back Saver Sit and Reach (measures flexibility)
- Body Mass Index (measures body composition)

Your child's physical fitness assessment is being provided to you. We know how critical it is for us to partner with you, the parent, if we are going to be successful in assisting your child to achieve and maintain a healthy lifestyle. One need only turn on the television or pick up magazine to know that the nutritional and physical well being of many of the young people in our country is at risk. Simply put, the facts tell us that not only do fit students have fewer health problems but physically fit students perform better academically and are, in general, more successful.

Please review the health related fitness information and recommended activity program with your child and work with them to some set some goals that will lead to their improved fitness. You might want to join your child and make this a family venture because improved fitness is a worthy goal not only for children, but for adults as well. Please join us as we commit ourselves to wellness of each and every child in Waukegan. Thank you in advance for your help.

Sincerely,

Mary Olson
PEP Grant Coach
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Mission Statement:

"Educating students for the world of tomorrow is our top priority. Through mobilization of the entire community, we will challenge, teach and inspire our students. We will provide the resources to serve each of our students, expecting excellence from all involved. We will deliver an exciting education in a safe environment that celebrates our diversity and similarities in a spirit of unity and respect."