

ANCHORAGE SCHOOL DISTRICT  
ANCHORAGE, ALASKA

ASD MEMORANDUM #304 (2004-2005)

May 23, 2005

TO: SCHOOL BOARD

FROM: OFFICE OF THE SUPERINTENDENT

SUBJECT: HEALTHY FUTURES/HEART RUN

*ASD Goals: Establish and maintain a supportive and effective learning environment by collaborating with other community agencies to maximize opportunities for lifelong learning.*

PERTINENT FACTS:

Children are not as active as they should be. U.S. health studies report that fewer than one in four children get 20 minutes of vigorous activity every day of the week. In addition, an extensive study recently found a direct connection between students' fitness and academic performance. According to the *Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools*, physical activity programs are linked to stronger academic achievement.

Healthy Futures is a grass roots initiative with a goal to inspire and empower Alaska youth to lead more physically active lifestyles. Healthy Futures assists community groups, including the Anchorage School District, encourage kids to get physically active, by creating an umbrella support group.

Lynda Barcome, a PE teacher at Alpenglow Elementary School, has been instrumental in motivating hundreds of students at her school to become more physically active and keep activity logs. Last month she rallied nearly 340 Alpenglow students, staff and family members to participate in the Heart Run and earlier this month, 109 Alpenglow students took part in the Jump Rope for Heart and raised over \$10,000 for the American Heart Association.

Ms. Barcome also initiated the annual Beach Lake Trails Jamboree for students and is implementing a "Ski 4 Kids" in the Eagle River area later this year. She is a dynamic member of the Healthy Futures advisory team due to her unmatched ability to motivate students to move.

Rebecca Reichlin, Healthy Futures coordinator, spends countless hours driving around the local community picking up activity logs from schools, delivering water bottles and encouraging educators to keep up the good work.

It is requested that the School Board recognize Lynda and Rebecca for their time and commitment to physical fitness and for striving to help students understand the value of staying fit.

CC/ME/LN

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