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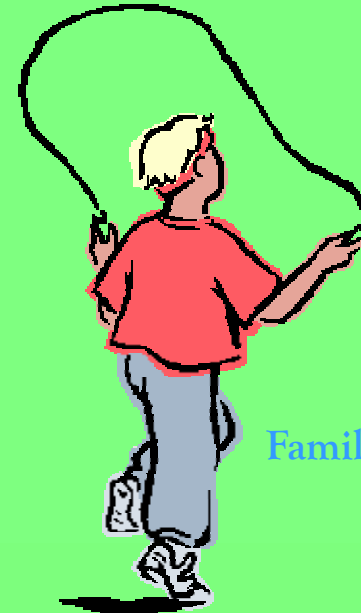
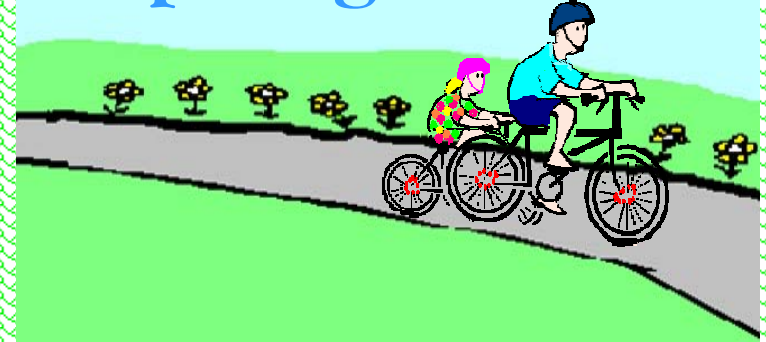
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# Spring Fitness



Family Fitness Program

Bayonne School District  
May 2009



## Bayonne Board of Education

669 Avenue A  
Bayonne, New Jersey 07002

May 2009

Dear Parent/Guardian,

This spring, the Bayonne School District will host a "Family Fitness" Program which is designed to promote healthy eating and physical activities for parents and students.

Physical activity is an integral part of reducing childhood obesity and its harmful effects. As parents, we must help create healthy lifestyles for our children by encouraging exercise and becoming a model for our children. Spring is one of the best times to take advantage of the weather: it has warmed up significantly from the cold winter months; and, exercising as a family will allow you to show first-hand the importance of physical fitness.

According to Healthy Choices-Healthy Kids, Action for Healthy Kids, and Get Fit New Jersey, the following steps can give your child a 'healthy start':

- Set an example by modeling good eating and physical activity behaviors on a regular basis. Children need to be active at least 60 minutes every day.
- Involve the whole family in physical activities.
- Support physical education in schools.
- Encourage schools and communities to provide time for physical activity during the school day.
- Eat 5 or more servings of fruits and vegetables every day.

- Decrease screen (TV, video, computer) hours for all.

Every elementary school will host a Family Fitness Night. I extend a special invitation for you and your child to participate in Family Fitness Night which is designed to promote a healthy lifestyle. Specific dates are the following:

- Henry E. Harris - May 21
- Philip G. Vroom - June 1
- Dr. Walter F. Robinson - May 20
- Mary J. Donohoe - May 20
- Lincoln Community - May 28
- Horace Mann - May 26
- Midtown Community - May 27
- Washington Community - May 21
- Woodrow Wilson - May 21
- John M. Bailey - June 2
- P. S. #14 - June 1

I thank you for reading this important health information, and together, we can make a difference by choosing a healthy start for healthy kids and the entire family!

Please note: The Annual UNICO Mario Treonze Elementary School Track Meet for 7th and 8th grade students will be held on May 26, 2009.

Sincerely,

A handwritten signature in black ink that reads "Patricia L. McGeehan".

*Patricia L. McGeehan*

Patricia L. McGeehan, Ed.D.  
Superintendent of Schools