Administrative Bulletin

VI-28  4.10.15

1. NATIONAL GOVERNMENT MONTH

The Association of Indiana Counties with sponsor a 3rd grade essay contest entitled “Counties Moving Forward: The keys are Transportation and Infrastructure.” See Attachment #1 for contest details.

Tamyra Kelly, ext. 1050

2. EACS WELLNESS SCREENINGS

See Attachment #2 for wellness screening information.

Eric Manor, ext. 1003

3. BLUEJAY BOLT RUN/WALK

All East Allen County Schools are welcome to participate in the 5K Bluejay Bolt on May 16. This event is sponsored by East Allen University. See Attachment #3 for more details.

Tamyra Kelly, ext. 1050

4. CURRICULUM CONNECTION

The Curriculum Connection contains upcoming information regarding assessments, curriculum updates, video clips, instructional websites, and more. Please see Attachment #4 for specific information.

Marilyn Hissong, ext. 3124

5. EACS EDUCATIONAL FOUNDATION BREAKFAST

You are cordially invited to attend the 2015 EACS Educational Foundation Breakfast. For registration details see Attachment #5.

Rose Fritzinger, ext. 3161
6. **INDIANA FITNESSGRAM® PROJECT**

Research demonstrates that students who are healthier and have higher fitness levels tend to perform better academically. Many schools around the country use FITNESSGRAM to assess and help improve students’ health-related fitness. The Indiana FITNESSGRAM Project can help schools and districts implement the new, Web-based FITNESSGRAM 10 for the 2015-16 school year. A free online toolkit explains how to become part of this project. See Attachment #6 for details.

Tamyra Kelly, ext. 1050

7. **STUDENT LEADERSHIP CONFERENCE**

The Student Leadership Conference is April 25. This free event is geared to students in grades 6-12. Students will be led through the development of presentations. Register teams to represent each of the grade 6-12 schools in the district. The conference will be held at West Middle School, Noblesville, IN. For more details contact Michelle Green at mgreen@doe.in.gov.

Tamyra Kelly, ext. 1050

8. **REMINDER: JEANS FOR TROOPS**

Schools are invited to be a part of the upcoming Jeans for Troops Drive in honor of Memorial Day. The GI Go Fund helps Marines get back on their feet by helping them find a job. As a program that started with teachers, we hope schools represent local community by dressing down on Jeans for Troops Day on May 21, 2015. An optional curriculum is available for each grade level so students can be engaged and understand why they are wearing jeans and the true meaning behind Memorial Day. To learn more or be a part of this program, visit Jeans for Troops or call (866) 389-GIGo (4446) Ext 704. **DR. FOLKS APPROVED!**

Tamyra Kelly, ext. 1050

9. **REMINDER: RETIREMENT MEETING**

Planning to Retire?

Plan to join us on Thursday, April 29, 4:30 p.m. at the Administration Building.

Please R.S.V. P. to Jennifer Rose 260-446-0100 ext. 1025 or jrose@eacs.k12.in.us.

Kirby Stahly, ext. 1005

10. **REMINDER: IDOE SUPERINTENDENT’S MAIL**

Weekly, State Superintendent Ritz sends (via email) an informational message to principals and other administrators. This has a lot of great information and notices for professional development opportunities for Indiana educators. Please be sure to pass this information on to teachers.

Tamyra Kelly, ext. 1050

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**DREAM IT. DO IT.**
The Association of Indiana Counties presents an essay contest for third grade students across Indiana. The essay focus is "Counties Moving America Forward: The Keys are Transportation and Infrastructure" which reflects the theme of this year’s National County Government Month.

Requirements:

- Students should write about what type of infrastructure counties build and maintain. The essays can focus on roads, bridges, drainage projects or other infrastructure. Students can discuss with county commissioners, county councils, highway engineers, highway supervisors or surveyors about the infrastructure they build and maintain and how they fund the projects.

- Essays should be no longer than one page, typed or handwritten.

- Essays will be judged according to how well students discuss the county’s role in constructing, maintaining and funding infrastructure. They should explain the kind of projects counties do and why they do them.

- PARENT(S)/GUARDIAN’S NAMES, PHONE AND EMAIL (Note: this is for notification of the winners).

- To be considered by our judging committee, all entries should be postmarked by April 15, 2015 and mailed directly to the address below:

  Attn.: Cesia Carmona
  Association of Indiana Counties
  101 West Ohio Street, Suite 1575
  Indianapolis, IN 46204

  Prizes: $100 will be granted to one student in each region of Indiana: Northwest, Northeast, West Central, East Central, Southwest, and Southeast. Checks will be distributed in May at our district meetings: Northeast (5/6), Northwest (5/7), West Central (5/12), Southwest (5/13), Southeast (5/14), and East Central (5/18).

- AIC would like to request the distribution of these instructions and/or the forward of this message to all 3rd Grade teachers. We welcome any questions and/or concerns. AIC thanks you for your time, and we look forward to reviewing all the hard work the students put into their essays.

- Winners will be announced and notified by April 27, 2015.
- The winners will be announced to local media.
- Winners will also have the opportunity to read their essays during their AIC district meeting in May 2015.

- If you have questions, please contact Cesia Carmona at intern@indianacounties.org or dial 317 684-3710 ext. 5 or visit www.indianacounties.org
Dear EACS Employee and Spouse,

EACS and Parkview Total Health are offering onsite wellness screenings that include blood tests at a discounted rate along with a Health Risk Assessment (HRA). Read below to see what you should expect and what you need to do to get started.

**Your screening appointment will include:**
- First, you will have your biometrics taken (measure your height, weight, waist circumference and blood pressure).
- Next, a phlebotomist from the Parkview Lab will draw your blood. You have the option to upgrade your testing for a nominal fee (package options and testing specifics can be found on the next page). **Fasting is required 10 hours prior to appointment.** Please only take sips of water and continue all medications as they are prescribed by your physician.

**Complete your online Health Risk Assessment (HRA) by Friday, May 22nd.**
- Your personal username and password to access your HRA will be sent to your email address 7 business days after your screening appointment.
- Your HRA will provide you with knowledge and understanding how your current lifestyle behaviors contribute to a chronic illness and/or symptoms. For those without diagnosed illness or symptoms, your HRA will identify if you are at risk before you experience illness or disease. **All results are 100% confidential and in no way influence your insurance or employment with EACS.**

**Cost for EACS Health Insurance Members**
- A Chemistry 30 blood draw (total cholesterol, HDL, LDL, triglycerides, glucose, etc.) will be **Free** for EACS health insurance members.
- If you choose to have an additional screening package and are employed by EACS, you can choose to have the cost deducted through payroll or pay by check the day of the screening. All checks payable to EACS.
- Non-EACS employees will pay by check the day of the screening. All checks payable to EACS.

**Cost for EACS Non-Health Insurance Members**
- A Chemistry 30 blood draw (total cholesterol, HDL, LDL, triglycerides, glucose, etc.) will be **$30.00** for those who do not have EACS health insurance. Additional screening packages will be available as well.
- EACS employees can choose to have the total screening cost deducted through payroll or pay by check the day of the screening. All checks payable to EACS.
- Non-EACS employees will pay by check the day of the screening. All checks payable to EACS.

**Let’s get signed up!!**
Choose your desired screening location from the list page 3. Click on the screening location and it will take you to the scheduling website for that specific screening location. Follow the steps listed on page 2 to schedule your appointment.
**The instructions below will guide you through scheduling your appointment:**

1. Select your desired screening location from list on page 3.
2. Select “Create an Account”
3. Provide all required personal information
4. Select the service (EACS Wellness 2015) from the dropdown box to begin.
5. Next, you will have the option to choose any add-on testing you would like to have done during the event.

*Please review the below testing packages and prices.*

**Package A. Comprehensive Wellness Profile:**
- **Free for EACS Health Insurance Members**
- **$30 for EACS Non-Health Insurance Members**
- Chem 30 Preventative Health Screening Panel, included:
  - Lipid Profile (total cholesterol, HDL, LDL, triglycerides)
  - Glucose (Blood Sugar)
  - Blood Chemistry Profile: sodium, potassium, creatinine, iron, uric acid, calcium, magnesium, albumin and several more.

**Package B. Comprehensive Wellness Profile + CBC:**
- **$10.00 for EACS Health Insurance Members**
- **$40.00 for EACS Non-Health Insurance Members**
- Chem 30 Preventive Health Screening Panel (see description above)
- Plus: Complete Blood Count (CBC) includes:
  - White Blood Cells
  - Red Blood Cells
  - Hemoglobin
  - Hematocrit
  - Platelets

**Package C. Total Wellness Package:**
- **$25.00 for EACS Health Insurance Members**
- **$55.00 for EACS Non-Health Insurance Members**
- Chem 30 Preventative Health Screening Panel (see description above)
- Complete Blood Count (CBC) – (see description above)
  - Plus:
    - A1C Glycohemoglobin – used to diagnose Diabetes
    - Thyroid Stimulating Hormone (TSH) – used to diagnose Hyperthyroidism or Hypothyroidism.
    - PSA (Only for males of 40, or with a family history of prostate disease and/or cancer).

**Additional Blood Test(s) Available**
- Vitamin D - $25
- C-Reactive Protein (CRP) - $15
- Testosterone (males over 40) - $25
- Blood Typing - $15

4. Choose the screening event date from the calendar shown (the only date highlighted in white).
5. Pick the appointment time that works best for you and click the “BOOK IT!” button.
6. Complete the new user fields to confirm your appointment time. Please use your full legal name and correct date of birth. If you do not know your Employee ID, enter 1 or S for spouse of an employee.
7. Include your mobile number and/or email to receive an appointment text or email reminder before the event.
8. Click “FINALIZE APPOINTMENT” and you are finished!

You AND your spouse will each need your own individual appointment times using separate emails to signup.

<table>
<thead>
<tr>
<th>Screening Location</th>
<th>Screening Date</th>
<th>Scheduling Deadline</th>
<th>Screening Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leo Elementary Library</td>
<td>Wednesday, April 15th</td>
<td>Registration Closed</td>
<td>6:00 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>Cedarville Elementary Room 129A</td>
<td>Thursday, April 16th</td>
<td>Registration Closed</td>
<td>6:30 a.m. – 8:30 a.m.</td>
</tr>
<tr>
<td>Leo High School Room 150</td>
<td>Tuesday, April 21st</td>
<td>Tuesday, April 14th</td>
<td>6:00 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>New Haven High School Teachers Lounge</td>
<td>Tuesday, April 21st</td>
<td>Tuesday, April 14th</td>
<td>6:00 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>New Haven Intermediate Room 22</td>
<td>Wednesday, April 22nd</td>
<td>Tuesday, April 14th</td>
<td>6:30 a.m. – 8:30 a.m.</td>
</tr>
<tr>
<td>New Haven Primary Room 11</td>
<td>Thursday, April 23rd</td>
<td>Tuesday, April 14th</td>
<td>6:00 a.m. – 8:30 a.m.</td>
</tr>
<tr>
<td>New Haven Middle School Conference Room</td>
<td>Tuesday, April 28th</td>
<td>Tuesday, April 14th</td>
<td>6:00 a.m. 8:30 a.m.</td>
</tr>
<tr>
<td>Harding/EAU Room E 100</td>
<td>Tuesday, April 28th</td>
<td>Tuesday, April 14th</td>
<td>6:00 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>Prince Chapman Room 511</td>
<td>Wednesday, April 29th</td>
<td>Wednesday, April 15th</td>
<td>6:30 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>Woodlan High School Room 132</td>
<td>Wednesday, April 29th</td>
<td>Wednesday, April 15th</td>
<td>6:00 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>Southwick Elementary Gymnasium</td>
<td>Thursday, April 30th</td>
<td>Thursday, April 16th</td>
<td>6:30 a.m. – 8:30 a.m.</td>
</tr>
<tr>
<td>Heritage High School Conference Room</td>
<td>Thursday, April 30th</td>
<td>Thursday, April 16th</td>
<td>6:00 a.m. – 8:00 a.m.</td>
</tr>
<tr>
<td>Administration Building Conference Room</td>
<td>Friday, May 1st</td>
<td>Friday, April 17th</td>
<td>7:00 a.m. – 9:00 a.m.</td>
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</tbody>
</table>

If you have any questions, or scheduling issues, please contact your Wellness Coach, Eric Manor via email @ emanor@eacs.k12.in.us or by phone at (260) 446 – 0100 ext. 1003.
2015 EACS Wellness Screening Packages

As part of the EACS wellness program, you have the opportunity to have lab testing completed at the on-site screening event. **Package A is the minimum required by EACS to participate in the program**, however, by selecting Package B or C, you will save dramatically over the cost of having these tests performed by your primary care physician. You will receive all test results, which can be shared with you primary care physician at your next annual visit!

All three options require you to fast at lest 10 hours before your blood draw. Please complete this form and bring with you to the event. Also, bring a check made out to EACS if the cost will not be payroll deducted.

<table>
<thead>
<tr>
<th>Package</th>
<th>Description</th>
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<tbody>
<tr>
<td>A. Comprehensive Wellness Profile- Check box if desired package</td>
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<tr>
<td>Chem 30 Preventive Health Screening Panel, includes:</td>
<td></td>
</tr>
<tr>
<td>- Lipid Profile (Total Cholesterol, HDL, LDL, Triglycerides, Cholesterol/HDL Ratio)</td>
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<tr>
<td>- Glucose (Blood Sugar)</td>
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<tr>
<td>- Blood Chemistry Profile (Sodium, Potassium, Creatinine, Iron, Uric Acid, Calcium, Magnesium, Albumin, Bilirubin, Alkaline Phosphatase, AST enzymes, Chloride, Blood Urea Nitrogen (BUN), Protein, Globulin and several more</td>
<td></td>
</tr>
<tr>
<td>B. Comprehensive Wellness Profile + CBC – Check box if desired package</td>
<td></td>
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<tr>
<td>Chem 30 Preventive Health Screening Panel (see description above)</td>
<td></td>
</tr>
<tr>
<td>Plus: Complete Blood Count (CBC), includes:</td>
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<tr>
<td>- White Blood Cells</td>
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<td>- Red Blood Cells</td>
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<td>- Hemoglobin</td>
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<td>- Hematocrit</td>
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<td>- Platelets</td>
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<tr>
<td>C. Total Wellness Package – Check box if desired package</td>
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<tr>
<td>Chem 30 Preventive Health Screening Panel (see description above)</td>
<td></td>
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<tr>
<td>Complete Blood Count (CBC) - (see description above)</td>
<td></td>
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<tr>
<td>Plus:</td>
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<tr>
<td>- A1C Glycohemoglobin – used to diagnose Diabetes</td>
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<tr>
<td>- TSH 3rd Generation Thyroid Stimulating Hormone – used to diagnose Hyperthyroidism or Hypothyroidism</td>
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<tr>
<td>- PSA - For males over 40, or with a family history of prostate disease and/or cancer</td>
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</tbody>
</table>

Additional tests available as add-on to one of the packages above

- Vitamin D - $25
- Testosterone (males over 40) - $25
- C-Reactive Protein Ultrasensitive - $15
- Blood Typing - $15

Participant Name________________________ Location of Screening_______________________
Date of Screening________________________ Date of Birth__________________ Employee ID #___________
Amount Due_______________ Check #_______________ Payroll Deduct_______________ (initial)

EACS Administration Signature_________________________________________________________
Blue Jay Bolt
½M • 1M • 5K

Presented by EAU

May 16th, 2015 @ 9:00am
Harding Campus

All East Allen County Schools are invited to participate
This is a great school fundraiser! All pledges stay in home school.

Register at www.runrace.net for more information:
5K – Bonnie Bonneli @ 260-446-0240 x 7516
½ M & 1M – Larry Stemmler @ 260 – 446-0220 X 7249
Fundraising – Kerri Zurbuch @ 260-433-0024

Like us at “Blue Jay Bolt”

EVENT 1
4 wellness summer series
ISTEP Resource List for 2014-2015

1. [www.ctb.com/istep](http://www.ctb.com/istep) - choose the 5th button on the screen named “Experience College and Career Ready Assessments (Students)”; then choose appropriate grade level for ELA or Math practice.
   **Note:** This is best for the second portion of ISTEP. It uses all the various technically enhanced questions. Can be done whole group on the Smartboard or in a lab individually.

2. [Parconline.org](http://parconline.org) - Choose the purple section that says “Take the Practice Test”, click on it, choose appropriate test and grade level. Password/ Username: Smarter Balance.
   **Note:** This is best for the second portion of ISTEP. It uses all the various technically enhanced questions. Can be done whole group on the Smartboard or in a lab individually.

   **Note:** Students have similar tools at the top of the assessment like ISTEP’s. This has lots of Technology-enhanced questions that would benefit students.

4. [CCR Test Sample Items](#) - Intended for one question per day to extended thinking and review concepts with students daily. Select one subject (ELA or Math) each day and one problem to give students.
   **Pathway:** Shared Drive—Curriculum Resources—CCR Test Item Samples—select grade level.
   **Note:** This may require some searching to choose appropriate questions that students have experience with so far this year. Plan ahead on these.

### Important Dates

<table>
<thead>
<tr>
<th>Type</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>ISTEP &amp; I KL (EUY)</td>
<td>4/15/15 – 5/13/15</td>
</tr>
<tr>
<td>8 Step B7 Assessment</td>
<td>4/16/15 – 4/24/15</td>
</tr>
<tr>
<td>ISTEP (Multiple Choice)</td>
<td>4/23/15 – 5/15/15</td>
</tr>
</tbody>
</table>

### Words to Know

**Infer** ➔ To make a guess about something based on facts.

**Determine** ➔ To come to a conclusion to “figure out.”

**Describe** ➔ To explain something using facts and details.

**Paraphrase** ➔ To put something in your own words.

**Significant** ➔ Really important or meaningful.

**Details** ➔ Specific facts from the passage or article.

### ISTEP REMINDER

**ISTEP Countdown Calendar**
- Intended for one concept to be reviewed per day according to the day/month listed. There’s a calendar for Math and ELA by the grade level.

**Shared Drive**—Curriculum Resources—ISTEP Review—ISTEP Countdown Calendar—select grade level

**Countdown to Common Core Assessments**
- Superior resource for selected response, constructed response and multiple answer questions. **Shared Drive**—Curriculum Resources—ISTEP Review—Wonders—Countdown to Common Core Assessment (choose grade level).
- Note: This is a LARGE document and will need to be looked through to find what you specifically want.

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Questions or Concerns about the Bundles?

Please make sure you fill out a bundle feedback form located on the district shared drive.
**Reading Comprehension Strategy**

**Save the Last Word for Me**

**Definition:** A core activity for many group discussions is for each student to pick out his/her own important passage selection while reading, then bring it to a face to face discussion. The person reads it aloud and the others respond first. The person who chose the selection speaks last.

**Materials:** Copy of article for each pair.

**Steps:**

1. Students use Strategy 3 (Text Annotation) to read through the article, marking at least 3 parts of the passage that they think are important or would be fun to discuss.
2. Monitor the students by walking around, making sure they are reading and text annotating.
3. Teacher needs to form groups (number off, oldest people in class, birthday months, etc. can be used for grouping.)
4. The first person in the group reads his/her selection out loud and says, “Save the Last Word for Me.” Everyone else in the group needs to respond to the selection that was just read out loud. Finally, the person who read the selection first closes the discussion with his/her final thoughts.
5. Each student in the group is given the opportunity to read his/her selection and be the last person to share his/her thoughts.
6. Monitor groups to make sure they continue the process.
7. Bring the whole class back together to ask each group to share one interesting section and the ideas it generated.
8. Brainstorm ideas that would help the last person in the discussion groups to have something to talk about.

**Ways to Respond:**

- Why was the passage important
- What surprised you
- What you pictured when you read that part
- Connect passage with something else in the article
- Add on to what someone else said
- What does the passage make you think about
- Connect passage to a personal experience
- Connect passage to a text, movie, television show, song, etc.

Source: Text and Lessons for Content-Area Reading

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**Simple Ideas to Improve Student Motivation- Part I**

1. **Give students a sense of control.**
   - Allowing students to have some choice and control over what happens in the classroom is one of the best ways to keep them engaged.

2. **Define the objectives.**
   - It can be frustrating for students to complete an assignment when there are no clear objectives. Students want to know what is expected of them in order to stay motivated.

3. **Create a threat-free environment.**
   - While students need to understand that there are consequences for their actions, for more motivating for students than threats is positive reinforcements.

Source: [www.onlinecollegecourses.com](http://www.onlinecollegecourses.com)

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**Questions or Concerns about the Bundles?**

Please make sure you fill out a bundle feedback form located on the district shared drive.

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“You can get help from teachers, but you are going to have to learn a lot by yourself, sitting alone in a room.”

—Dr. Seuss
Our Foundation thanks our lead event sponsors . . .

You are cordially invited to attend the 2015 Breakfast / Auction to benefit EACS Educational Foundation, Inc.

**Date:** Wednesday, May 27, 2015

**Time:**
- 7:15a: Doors open / review of auction items
- 7:30a: Welcome and Breakfast (Goeglein’s Buffet)
- 7:50a: Recognition of EACS Teachers of the Year
- 8:00a: Martin Fisher, Executive Director of Science Central, Keynote Speaker
- 8:20a: Charity Auction, concludes by 9a

**Location:** New Haven High School, 1300 Green Road, New Haven, Indiana 46774

**Purpose:** To raise funds for our East Allen County Schools Educational Foundation, Inc.

**Event Cost:**
- $15/person, includes breakfast buffet
- $25/two people, includes breakfast buffets
- $75/table of 8 people, includes buffets

**RSVP:**
- RSVPs are required with payment by 05/20. Seating is limited. RSVPs are required.

**Donations:**
- Contact the Foundation by 05/15 with items you will donate for our auction

Payment for auction items and/or donations at our event are:

- **Cash or Checks**

Please make checks payable to EACS Educational Foundation, Inc.

**Dress is business casual attire.**

**Thank YOU!** Your generosity is most appreciated.
RSVP: Please complete the appropriate information below and return this RSVP form with payment on or before Noon on 05/20/2015:

Your Name: ________________________________  Please print. Thank you!
Address: __________________________________________
Telephone: _______________       Email: _______________  

Costs [includes breakfast(s)] are: $15/person or $25/two people or $75/table of 8.

Select one:

_____ Yes, I plan to attend (____ # attending) x $15 / person = $_____

_____ Yes, I plan to attend (____ # attending) x $25 / two people = $_____
  Guest Name: ______________

_____ Yes, I plan to attend (____ # attending) x $75 / table of 8 = $_____
  Guest Name: ______________  Guest Name: ______________
  Guest Name: ______________  Guest Name: ______________
  Guest Name: ______________  (please use additional sheet(s), if necessary)

_____ I will make a donation to the EACS Educational Foundation: $____

Return this RSVP to:  East Allen County Schools (EACS) Educational Foundation, Inc.
Attention: Rose Fritzinger
1240 State Road 930 East, New Haven, IN 46774

Method of Payment (select one):

____ Cash

____ Check  Please make your check payable to EACS Educational Foundation, Inc.

Cash or checks will be accepted at the event for purchase of auction items and/or for donors to make a donation.

Questions? Contact Rose Fritzinger:
  Telephone: 260/446-0100, ext. 3161  Email: rfritzinger@eacs.k12.in.us

Gifts to the Foundation may be deductible. Tax ID: 37-1487238
Consult your financial planner / tax preparer for details.
MEMORANDUM

TO: Principals and Superintendents

FROM: Eric Ogle, Business, IT, Entrepreneurship & Marketing State Program Leader

DATE: March 24, 2015

RE: Indiana FITNESSGRAM Project

New resource for schools: the Indiana FITNESSGRAM® Project

Research demonstrates that students who are healthier and have higher fitness levels tend to perform better academically. Many schools around the country use FITNESSGRAM to assess and help improve students’ health-related fitness. The Indiana FITNESSGRAM Project can help schools and districts implement the new, Web-based FITNESSGRAM 10 for the 2015-16 school year.

A free online toolkit explains how to become part of this project, with information on:

- Using FITNESSGRAM results to shape the PE curriculum to meet students’ needs.
- Analyzing FITNESSGRAM data to promote student health and academic achievement.
- Funding FITNESSGRAM, including special pricing and grant opportunities.
- Communicating student results to parents.
- Establishing testing protocols and setup of fitness testing stations.
- Recruiting, training and deploying volunteers to conduct fitness assessments in hours instead of days or weeks.

The FITNESSGRAM toolkit is available at: http://www.jumpforhealthykids.org/FITNESSGRAM/FITNESSGRAM_toolkit_home.

Additional information on the project is available by emailing fitnessgram@jumpinhealth.org.

The Indiana FITNESSGRAM Project is a joint effort of Jump IN for Healthy Kids, the Indiana State Alliance of YMCAs and other partners.

Additional Information on FITNESSGRAM

FITNESSGRAM is the most widely used tool to assess students’ health-related fitness (not sports-related skills). Designed for students in grades 4-12, FITNESSGRAM measures aerobic capacity, body composition, and muscular strength, endurance and flexibility. It has been adopted by the Presidential Youth Fitness Program and by schools in all 50 states.
Individualized reports can be emailed to students and parents, and aggregate reports help schools and districts track students’ fitness levels and tailor physical education programs to better meet their individual needs.

Benefits of the new, Web-based FITNESSGRAM 10 include:

- Full hosting services—no software to install and maintain on your system, as with previous versions.
- Training, tech support, updates and enhancements included.
- FITNESSGRAM app available for iPad, iPhone and Android devices, allowing you to enter FITNESSGRAM scores quickly and easily.