

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

Office of the Superintendent

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William O. George III, Ed.D.
Superintendent of Schools

Amy P. Gallagher, CPA
School Business Administrator/Board Secretary

October 5, 2015

Dear Parent and Guardians,

Teacher directed physical education has been shortened by 5 minutes per day this school year so that additional minutes could be added for academic core subjects. The state requirement for physical education is 150 minutes per week. This year's schedule includes 80 minutes weekly of physical education taught by a physical education teacher (no change from last year) and 75 minutes weekly of classroom teacher directed physical education (5 minutes less per day this year). Teacher directed physical education has been in place in Middletown for over 15 years and has been structured activity. This combined time of 155 minutes still exceeds the state requirement of 150 minutes for Health and Physical Education. The administrative team felt in order to best prepare students for core academic content and meet the Common Core State Standards, additional time was needed. The K-12 health and physical education curriculum has been rewritten in the 2014-2015 school year to include a focus on nutrition, healthy lifestyle choices, as well as physical activity.

As part of our strategic planning process, a commitment is being made to include additional kinesthetic activities in core curricular areas. Teachers are already incorporating movement activities into their daily instruction such as yoga and dance. New curricular rewrites in core academic areas are planned, which will include kinesthetic activities. These infused activities will augment our current physical education activities, resulting in more opportunities for physical fitness than in the past and making up for the lost time in teacher directed physical education.

In addition, fitness clubs, with a variety of physical activities are available to all elementary students beyond the school day. As part of our collaborative efforts with the YMCA, the Healthy U/Catch initiative was implemented during the 2014-15 school year to include a focus on nutrition, healthy lifestyle choices as well as physical activity. Opportunities such as the October 14th Healthy U Be Active ProCamp event for 4th and 5th grade students, featuring Jay Williams and Carli Lloyd, are incorporated into this initiative. More information concerning the ProCamp is available on the district website:

<http://www.middletownk12.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=25&ViewID=047E6BE3-6D87-4130-8424-D8E4E9ED6C2A&RenderLoc=0&FlexDataID=15529&PageID=1>

The Middletown Township School District has partnered with the Horizon Foundation for New Jersey and the New Jersey YMCA State Alliance to incorporate the Healthy U & CATCH Programs in our schools. More information about these programs will be available on the district website or can be accessed via the following links:

- CATCH: A Coordinated Approach to Child Health:
 - <http://catchinfo.org/>
- Healthy U Program with the Horizon Foundation for New Jersey:
 - <http://community.horizonblue.com/healthy-u>

I hope this information is helpful to you in understanding the District's position on a balanced approach to academic programs and the importance of providing our students with the opportunity to re-focus through movement.

Sincerely,



William O. George III, Ed. D.
Superintendent of Schools