



Policy in Action Trainings

Maximizing physical activity opportunities
in tough budget times

Kids who are more physically active tend to perform better academically.

As a school governance leader you have the power to improve the health and academic achievement of students in your schools through a comprehensive school physical activity program. Be a champion for physical activity and register today.

Learn how to:

- Strengthen physical education and physical activity opportunities for students without sacrificing the bottom line.
- Utilize tools, sample policies and case studies to develop comprehensive physical activity policies.
- Develop strategies to improve the quantity and quality of student physical activity before, during and after school through: physical education, recess, classroom activities, safe routes to school, joint use of facilities and before/after school programs.

Local Policy in Action training schedule

CENTRAL VALLEY

Location Fresno County Office of Education
Date February 17, 2010
Time 9:30 a.m. – 3:30 p.m.

SHASTA

Location Redding Library
Date February 23, 2010
Time 9:30 a.m. – 3:30 p.m.

BAY AREA

Location Alameda County Office of Education
Date March 11, 2010
Time 9:30 a.m. – 3:30 p.m.

“Even during difficult budget times, nutrition and fitness should be a priority for all schools and all districts. Our schools have an exceptional opportunity to guide our children toward healthier lifestyles.”

—Jack O’Connell, State
Superintendent of Public Instruction

Who should attend?

School board members, superintendents, assistant superintendents, wellness leads and district/county office of education physical education and physical activity leads as a part of a district team.

The \$25 registration fee includes lunch, refreshments and materials.

Space is limited, register today at www.csba.org/TrainingAndEvents/Events/PhysicalActivityWorkshops.aspx or contact Jessica St. John at 800.266.3382, ext. 3282 or jstjohn@csba.org.



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