



Dear Parent or Guardian,

Pinellas County Schools has been awarded the Carol M. White Physical Education Program (PEP) Grant from the U.S. Department of Education to improve the healthy living and mindset of the district’s middle school and high school students. The district will work with multiple partners to help students understand the importance of and owning eating more fruits and vegetables and maintaining a healthy fitness level. The PEP program is aligned with and supports First Lady Michelle Obama’s “Let’s Move! Active Schools” initiative to get kids moving before, during and after school.

In order for the district to monitor and report progress towards the grant’s goals, students will be required to be assessed one time per year. The student data will then be sampled and reported for grant purposes. Individual student data will remain anonymous. The assessments include:

- Students monitoring the number of steps they have taken daily over a week time period through use of a pedometer (provided by the district).
- Three day physical activity recall (3DPAR)
- Being Fit Matters fitness assessment
- Fruit and Vegetable consumption

Pedometers will be distributed and placed on the student during the student’s physical education class. The device should remain with the student to go home at the conclusion of each school day and should be worn to school the next morning. Having students wear pedometers will provide us with a measure of how active they are in a typical day. There will be a **replacement fee of \$22.00** should the pedometer be lost, damaged, or stolen.

Please feel free to contact me with any questions you may have regarding these grant required activities. More information will be sent home when your student receives their assigned pedometer. If you have any questions about the grant or the different evaluation components, please contact your child’s PE teacher or myself at (727)588-6000 ext. 1323 or grimesa@pcsb.org. We are excited about this opportunity for our students and teachers.

Sincerely,

Ashley H. Grimes
Pinellas County Schools PEP Grant Coordinator

Student Name: _____ School: _____

Grade: _____ Teacher: _____

I have read this information and understand the requirements for data collection and reporting.

- YES, I **WOULD** like my student to participate in data collection. I acknowledge that there is a replacement fee of \$22 should the pedometer be lost, damaged, or stolen.
- NO, my student may not participate in data collection for the project.

Parent signature: _____

Date: _____

Phone number: _____