**Carol M. White PEP Grant**

**SLPS was awarded a $2.2M grant for PE & Nutrition**

**ST. LOUIS, MO. August 20, 2012** – The St. Louis Public School District received $744,987.00 for

the first year of a three-year grant issued by the U.S. Department of Education’s Carol M. White

Physical Education Program (PEP) to provide physical education and nutrition education at the

District’s elementary schools. SLPS is the only school district in Missouri to receive this grant.

According to the release issued by the U.S. Department of Education, grant recipients must

implement programs that help students make progress toward meeting their state standards for

physical education. The programs must offer instruction in healthy eating habits and good nutrition.

Among the types of activities that the grants support is instruction in motor skills that support a

lifelong healthy lifestyle, and opportunities for professional development for teachers of physical

education to stay abreast of the latest research and trends in the field of physical education.

As a recipient of the Carol M. White Physical Education Program grant, the St. Louis Public School

District will use the funds to fully implement the District’s AIM for Fitness curriculum program.

Developed in 2009, the AIM for Fitness curriculum program was created out of a need to find new

ways to address the alarming and growing incidence of obesity and obesity-related diseases,

particularly among children in urban environments, and the profound and serious disconnects for

these students regarding the cause and effect relationship between health and fitness practice and

lifetime outcomes.  The overarching goal of AIM for Fitness is to increase the overall health and

fitness of students while empowering them to become active and positive decision-makers in their

own health and fitness learning.

The AIM for Fitness curriculum program will be implemented by a strong partnership between the

District and Washington University School of Medicine, Healthy Youth Partnership, BJC

HealthCare, the St. Louis Rams Foundation, the Parsons Blewett Memorial Fund, and the City of St.

Louis Department of Health. It will serve all of the District’s elementary schools, with a focus on 4th and 5th grades.

**AIM for Fitness Goals **

The overarching goals of **AIM for Fitness** are to increase the overall health and fitness of St. Louis Public Schools students, increase the extent to which they meet or exceed state physical fitness standards, and empower them to become active and positive decision makers in their own health and fitness learning.

Specifically, the project will:

1. Reinforce, expand, and strengthen the district’s standards-based AIM physical education curriculum to ensure that:
   1. the curriculum meets Missouri and NASPE standards;
   2. students engage in at least 60 minutes per day of physical activity;
   3. students achieve age-appropriate levels of cardiovascular fitness;
   4. students achieve age-appropriate BMI measurements; and
   5. students make healthy nutritional choices.