

# ROBERT A. CROSS MIDDLE SCHOOL NEWSLETTER

October 28, 2011

Dear Parents:

We have had a successful school opening due to the whole-hearted efforts of everyone! Students, staff, and parents have been cooperative, enthusiastic and determined to make this an educationally profitable school year.

A special welcome is extended to our new families at Robert A. Cross. We are confident you will find our staff willing and capable in working with your child. It is important to us that each student takes pride in being a part of Robert A. Cross and realizes some exciting and meaningful experiences.

During our recent fundraiser, we collected over \$14,687.00! Forty percent of the money raised through this fundraiser remains in our school. Some of the items purchased with these funds are trophies, medals, and plaques for students, supplementary classroom materials, and Eagle of the Month luncheons. Thank you for supporting this worthwhile project.

Teachers make a personal appearance check of their students each day. Students who are not dressed appropriately will be referred to an administrator for decision regarding whether the child needs to request a change of clothing and whether discipline will be administered. Students may be assigned in-school suspension for dress code violations. Several specific dress code reminders: anything with belt loops must have a belt, shirt tails must be tucked in, low cut tops and form-fitting clothing are not allowed, overcoats and oversized clothing may not be worn in the building, and pants must be sized appropriately and worn at the waist. Plain white t-shirts are not allowed. Please review the dress code policy in the handbook.

In order for your child to learn personal responsibility, we are asking that he/she come to school with P.E. clothes, instruments, school assignments, etc. for the day. Plans to stay after school should be confirmed prior to leaving home in the morning. We limit student use of the telephone to calls that are absolutely necessary. Please note that we do not give messages to students. **Please do not call the school and ask for your child to call you as this causes a classroom interruption. Your child misses valuable instruction when called out of class.**

The first nine weeks of school, we had 261 students on the honor roll. These students were allowed to wear shirts out of dress code, wind suits, and they received homework passes. We had 395 students who had perfect attendance. These students will receive ice cream sandwiches. We are exceptionally proud of each of these students.

As you know, we expect all students to attend school every day, to arrive promptly and to remain throughout the scheduled hours. We realize some appointments have to be scheduled during school hours but we ask that you avoid this whenever possible. According to district policy, students in grades K-8 must attend school 166 of the 180 days or be retained. That

means a student cannot be absent more than 14 days for the year. If your child is going to be out for part of the day, please arrange for him to attend the other portion of the day. We want to work with you in encouraging your child to stay in school. We check on absent students each day. So, when your child must be out for the day, please call the school early that morning.

Milk and juice may be purchased at lunch. Students may bring juice or bottled water from home. Students are not allowed to bring soft drinks for lunch. Also, do not deliver fast foods to the students for lunch. Fast foods are not allowed in the cafeteria.

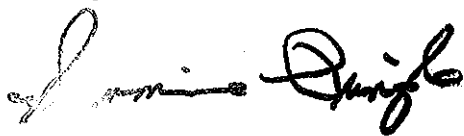
Please review the handbook with your child. It is necessary that everyone understands and supports the discipline policies at Robert A. Cross.

Our school has consistently received recognition for having high test scores. We need your help in this area to ensure that our test scores remain at the top. Prior to the tests, you will receive some testing tips to follow with your child. Our teachers will continue to teach skills tested.

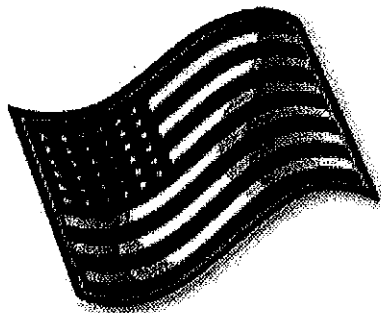
For your child's safety, he/she needs to be picked up on time every day. Always know why your child is staying after school and pick him/her up as soon as the activity is over. School ends at 3:15 p.m. If your child does not ride the bus and is not staying for detention, extra help, or a school activity/meeting, he/she must be picked up by 3:35. The office closes at 3:55. Students do not have access to a telephone after 3:55 p.m.

Due to parents, staff, students, and teachers working together, we have THE GREATEST SCHOOL EVER. Thanks for your continued support. Call me if I may be of assistance to you.

Sincerely,



Sammie Pringle, Sr., Ed. D.



## SCHOOL COUNCIL MEETING

As stated in H.B 1187-THE A+ REFORM ACT OF 2000, school councils were established to improve academic achievement by bringing schools and communities closer together. Members of school councils serve as advisory bodies to share ideas for school improvement. The school council consists of business partners, two parents, two teachers, and the principal. The first meeting will be held on Tuesday, November 15, 5:30 p.m.

## 2011/2012 RCMS ACADEMIC TEAM

Many students participated in the tryouts for the 2011-2012 Robert A. Cross Middle Magnet School Academic Team. The sponsors would like to thank all the students for their efforts. After several rounds of both written and oral tryouts, the students listed have been selected to represent our school.



Nathan Alligood – Captain  
Ed Belocura – Co-captain  
Burton Dorough  
Ciera Franklin  
Yi Jian Ma  
Myles Sejour  
Kevin Sejour  
Ryan Thomas  
Nigel Walton  
Adonis Perry  
Jerale Harris  
Lela Tilson  
Tanaka Makavuzza

Congratulations to these students!!!

Dr. Kimber, Ms. Lockhart, and Mrs. Hart are the Academic Team sponsors. Good luck to the students in future competitions!



## BOX TOPS FOR EDUCATION

Participation in Box Tops is off to a great start. Our first deadline for turning in Box Tops was November 1. The students who turn in at least 25 Box Tops will be eligible for a drawing for the Bluford Series of books. Thanks for all of your support in this effort.



## **EAGLES OF THE MONTH**

The **August Eagles of the Month** were recognized with a pizza party in September. These students are chosen monthly for exhibiting good citizenship and outstanding behavior.

Congratulations to the following students for being chosen as Eagles:

Caitlyn Caldwell  
Shannon Moseley  
Ashley Waters  
Janai Poullard  
Novian Williams  
Emily Beale  
Alyssa DeMarino  
Evelyn Vega  
Catrice Williams  
Joshua W. Moore  
Kelsey Breasette

Darrien Walker  
Malik Aaron  
Olivia Charles  
Nkiruka Alex  
Destiny Muldrow  
Sierra Mulkey  
Jonesha Johnson  
Keirston Williams  
Allison Griswold  
Kascey Malone

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## **Robert A. Cross Mission Statement**

We will educate students in a safe and active learning environment where all students will become... **Responsible**  
**Achieving**  
**Citizens.**

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## **ELIGIBILITY FOR SCHOOL FUNCTIONS**

In order to be eligible to attend school functions, such as dances, class parties, movies, field trips, field day, etc., students must not be currently assigned In School Suspension (ISS) or Home Suspension (OSS). They must have completed all previously assigned ISS or OSS and returned to the classroom. They must not receive ISS or OSS on the day of the function.

Students with five or more days in ISS and/or OSS will not be eligible to attend or participate in any school function.

## Delta Academy

We have forty-five 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students who are members of Delta Academy. The students held their first meeting on October 1<sup>st</sup> at Robert Cross. The sessions included workshops and forums on self-esteem, mental and social awareness. They also attended the ASU game on October 15<sup>th</sup> after participating in the Fall Festival on the ASU campus.

**The next progress reports will be sent home Nov. 7, 2011.**

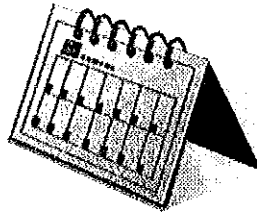
**Student Holiday (Furlough Day) – November 10**

**Veterans' Day Holiday – November 11**

**Thanksgiving holidays – November 21 – 25**

**Christmas holidays – December 15 – January 4**

**School Resumes/1<sup>st</sup> day of second semester – January 5**



## RCMS STUDENT COUNCIL

The campaign for student council officers was held September 12 - 21. Campaign speeches were held on September 21. Congratulations to the following new officers:

Destiny Burch - 8th grade President  
Krisla Railey - 7th grade Vice-President  
Juliette Harvey - 6th grade Vice-President

Thanks to Mrs. Morine, Mrs. Green, Dr. Kimber, and Mrs. Taylor for serving as sponsors.

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### Last Year's Eighth Graders Lead the Way in 2011 CRCT Scores!

The amount of data available from the CRCT 2011 is large. One set of numbers that stands out is the eighth grade school percentages meeting or exceeding the standard. This is a look at the eighth grade only:

Eighth graders at Robert A. Cross Middle School scored the highest on all sections of the CRCT in the Albany area. Eighth grade classes were tested in reading, English/language arts, math, science and social studies across the state. The percentage of those students meeting or exceeding standards at Robert Cross was as follows:

Reading - 100% English/Language Arts -100% Math - 86.1% Science - 84.9% Social Studies - 98.2%

## BETA CLUB

The National Beta Club is a student-centered organization that continually develops and nurtures individuals by providing opportunities and experiences that enable them to demonstrate the ideals of character, achievement, service and leadership in a global community.

Robert A. Cross Middle School is proud to be affiliated with this national club. Students who had an overall average of 90 or better on last year's report card, no grade below an 80, and exemplary behavior will be initiated into the National Beta Club on November 3, 2011.

Beta Club sponsors are Mrs. Hart, Mrs. Toson, and Mrs. Dozier.

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Thank you to the many parents who are using the **Publix Partner** cards each time you shop at Publix Supermarkets. Publix has contributed \$23.1 million to schools in Georgia, South Carolina, Alabama, and Tennessee. If you shop at Publix and do not have a Publix card, please ask your child to come by the office to pick one up. These are very simple to use - just have the clerk swipe the card when you make your purchases. It helps our school greatly.

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### Recycling Projects

Robert Cross participates in the Green School Project, which recycles used cartridges (any size) and old cell phones. If you have cartridges or cell phones that you would like to donate, please have your child drop them off in the media center. **Cell phones/electronic devices not picked up within 30 days of being confiscated will be placed in the recycling bin.**

Start saving your old phone books for our Keep-Albany Beautiful Project. Throughout the year we save old phone books and donate them to the Telephone Book Recycling Project. Our school has a chance to earn as much as \$500 in cash prizes!

**PLEASE MAKE SURE YOUR CHILD KNOWS HOW HE/SHE SHOULD GO HOME IN THE AFTERNOONS BEFORE COMING TO SCHOOL.**

*Daylight Savings Time Ends on November 6.  
Don't forget to change your clocks!*

## National School Lunch Week

National School Lunch Week was observed at Robert Cross during the week of October 10-14. As always, students were encouraged to eat the healthy, delicious foods that are served in our cafeteria. Parents are always welcome to eat lunch with the students. Adult lunches are \$2.50.

We appreciate Mrs. Hammack and her staff for their hard work and delicious meals they serve every day.

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***We are asking that students not be picked up from school early unless it is absolutely necessary. Students receive instruction from bell to bell. We believe the end of the day is as important as the beginning of the day. When students leave school before 3:15 p.m., valuable instruction time is missed.***

### **Cyberbully**

All night we text, Facebook, Twitter, or any social network online, and why? I honestly have no idea. Talking to someone virtually can cause a lot of pain. You are blind of the face of the other person, and you never know what they are really saying on the other side of the screen. It feels okay to say anything online, because it doesn't feel real. However, you don't really know how bad it hurts the other person. This is real. Don't ruin someone's life because your boyfriend broke up with you, your best friend is mad at you, a death, or anything that went wrong. Talk, it is one simple, 4 letter word that every teen is afraid of. We hide from the world behind a small box of virtual cruelty. What they don't get is that adults may look like an offence, but they are just here to help. They care about you just like I do. Teens our age have committed suicide because of a few words on a computer screen. Would you really want to be that person on the other end? I have a test for you that is easy to get an A with. End all hatred online. I know you have been bullied at one time. I have, and it didn't feel too great. Why do you try to hurt people when you should try to stop it? Online can be fun, now lets' make it safe.

*By Lela Tilson, 8<sup>th</sup> grader at Robert Cross*

### **TARDY PLAN**

Our school is committed to bell to bell instruction. Students must be in their homerooms and prepared to go to work by 8:15 a.m. Students who are tardy not only cause classroom interruptions, but miss valuable instruction time. The following tardy plan has been instituted:

- The practice of excusing tardies when a parent signs the student in, unless the child has a doctor's excuse, will be discontinued.
- 4 tardies = 1 day of ISS
- 8 tardies = 2 days of ISS
- 12 tardies = 3 days of ISS
- 16 tardies = 1 day of home suspension and placed on probation
- 20 tardies = expelled and must return to zoned school

Please familiarize your student with this new policy so that we can insure that all students are in the classroom every day and on time.

## ***POSITIVE LUNCH REWARDS PROGRAM***

Students in their lunchroom classes should work together so that the class will receive the maximum number of daily points – four – and qualify for Friday rewards. During the first week all connection teachers worked with all classes explaining the point system and what behavior was expected. This second week our point system is being implemented, and rewards will begin next Friday. The point system (which is awarded by all connection teachers on duty) is as follows:

Point 1 – Students come down main hall quietly and in line, entering the lunchroom.

Point 2 – Students wait in line quietly, spaced apart, to enter meal line, pick up all items, and go to their seats to wait to be seated once all chairs are taken. **ONCE STUDENTS ARE SEATED, THEY MAY IMMEDIATELY TALK IN LOW CONVERSATIONAL TONES.** (This is a new policy implemented this year.)

Point 3 – Students talk in low conversational tones to students at their table; no groups of students moved for loud talking or for any disruptions.

Point 4 – Students leave table clean with chairs underneath, line up quietly to take trays and exit side door to walk to W. Gibson's back door.

Rewards will be on Fridays for classes and students who do well; exceptional classes will receive further rewards. We thank you for supporting our school and our efforts in the cafeteria!



Sgt. 1<sup>st</sup> Class E-7 Shekila Brown surprised her two children on October 24 after returning from Afghanistan. She's been in Afghanistan for the last 8 months. Kamron is a 6<sup>th</sup> grader at Robert Cross Middle School and Kendall is a student at International Studies. Pictured also is their grandmother, Deborah Patterson. There were many tears of joy and hugs when Kamron saw his mother.

### ***Warming Our Community One Coat at a Time!***

*We are collecting new and gently used coats on behalf of the Second Harvest Food Bank.*

*Coats of all sizes are welcome; children's sizes are most needed.*

*Collection boxes are in the main office.*

# ROBERT CROSS MIDDLE MAGNET SCHOOL – 1<sup>ST</sup> NINE WEEKS HONOR ROLL

## 6<sup>TH</sup> Grade

### Mrs. Dozier

#### High Honors

Sindisiwe Patani  
Ashley Waters

#### Honors

Justin Hall  
Jasmine Idlett  
Mi'Asia Jones  
Keturah Powe  
Ayani Simpson  
Kyla Ward  
Gabrielle Ward

### Mrs. Hart

#### High Honors

Malik Aaron  
Jayda Adams  
Todd Cullins  
Anthony Eafford  
Joel Felton  
Laura Talley

#### Honors

Nicholas Allen  
Anna Arnold  
Najae Cochran  
Shelby Covin  
Toshmin Harris  
Lyndsey Jackson  
Sydney Jackson  
Carlos Mullins  
Jaiva Patterson  
Jayla Weathers

### Dr. Kimber

#### Honors

Jordan Ash  
Kiedon Bryant  
Abigail Daniel  
Ajalah Davis  
Destiny Dean  
Jalesa Drakes  
Ikenine Ochie

Briana Odoms  
Monica Quiroz  
Catherine Warren

### Mrs. Morine

#### High Honors

Caitlyn Caldwell  
Suelem Villalobos

#### Honors

Kayla Chatman  
Cameron Covin  
Carlos Curry  
Cade French  
Margaret  
Hammond  
Theodore Jenkins  
Jacobi McKenzie  
Noel Newman  
Marlee Smith  
Mashawntis Smith  
Nigel Walton

### Mrs. Tabor

#### High Honors

Talyia Griffin

#### Honors

Armonnie Bryant  
Jada Franklin  
Shannon Moseley  
Kiara Sanders  
Janterria Walls  
Justin Williams  
Zoie Zaikarite

### Ms. Walker

#### High Honors

Janai Poullard

#### Honors

Kennede Brown  
Dorien Bruce  
Deondra Calhoun  
Sylah Ferguson  
Philip Harville  
Amanda Ivey

Serenity Mosely  
Audrianna Stokes  
Tyler Watts

### Mrs. Washington

#### High Honors

Aylasia Knighton

#### Honors

Caitlyn Boone  
Rebecca Boyd  
Kei'Aunna Chavis  
Tamaya Smith  
Amaya Sweet  
Michael Ware

### Mrs. Wise

#### High Honors

Kiara Barber  
Kelsie Dodd  
Darrien Walker

#### Honors

Timothy Allen  
Zayara Bynum  
Tiyance Dewberry  
Juliette Harvey  
Jayson Taylor  
Kennedy Tiller



ROBERT CROSS MIDDLE MAGNET SCHOOL – 1<sup>ST</sup> NINE WEEKS HONOR ROLL

7<sup>th</sup> Grade

**Mrs. Abbott**

High Honors

Emmanuel Carter  
Cameron Hines

Honors

Miriam Meadows  
Dexter Morman  
Tyler Morris  
Destinee Muldrow  
Julius Nelson  
Taciaa Placide  
Elizabeth Ross  
Alexis Stewart  
Alexis Walker  
Jakirea Weaver  
Ky'desha Williams

**Ms. Burroughs**

High Honors

Ke'Erica Barber  
Ashlee Buck  
Erika Nesbitt  
Evelyn Vega

Honors

Tyrek Anderson  
Erin Bailey  
Lauren Balkcom  
Raven Burnam  
Brianna Crenshaw  
Rachel Goff  
Romio Harvey  
Kyra Powers  
Jairus Robertson  
Ryan Thomas  
Zakendria  
Washington

**Mr. Drake**

High Honors

Tyrik Adams  
Alisa Carter  
Ebony Pettway

Myles Sejour

Honors

Corey Barlow  
Brandon Dempsey  
Caitlyn Gordon  
Prisca Hill  
Buford Kellogg  
Kiayna Mareus  
Austin Vance

**Dr. Eady**

High Honors

Kiara Douglas  
Jerica Hicks  
Jonesha Johnson  
Danielle Keith  
Yi Jian Ma  
Tonyari Scott  
Jordan Williams

Honors

Demond Brown  
Derek J. Davis  
Derek O. Davis  
Indica Greene  
Reginauld Jones  
Vanessa Nelson  
Raven Poole  
Jamyia Prothro  
La'Keit Randall  
Ashley Watson  
Ke'Ambria Marshall

**Ms. Lockhart**

High Honors

Kealon Featherston  
Jalen Robinson

Honors

Jasmine Cullars  
Alyssa Davis  
Chaneyara Davis  
Alexander Dawson  
Pertannica Dawson  
Christopher Farrell  
Robert Fleet  
Ketoria Green

LeKimbree Hall

Taylor Hall  
Jamil Harden  
Juwana Miller  
Carltriance Mullins

**Mrs. Morris**

High Honors

Emily Beale  
Jermaine Hall  
Brittany Hamilton  
Allison Romanesk  
Talia Sisroe

Honors

Zach Bargfrede  
Malik Davis  
Ameriss Dudley  
Fayth Hawkins  
Jalyn Jenkins  
Destandreaana  
Norwood  
Alexis Parker  
Jamyia Peters  
Jai'lyn Polite  
Etriyanna Wallace  
Abisai Villalobos  
Kailene Williams

**Mrs. Toson**

High Honors

Sierra Mulkey

Honors

Alyssia Brown  
Jaylyn Flowers  
Kennedi Howard  
Justin Moore  
Ka'Dajzha Rahman  
Krisla Railey  
Briona Smith  
Kayla Snow  
Rashaad Taylor  
Justice Tucker Mims

# ROBERT CROSS MIDDLE MAGNET SCHOOL – 1<sup>ST</sup> NINE WEEKS HONOR ROLL

## 8<sup>th</sup> Grade

### **Mrs. Banks**

#### High Honors

Bethany Henderson  
Kayla Howard  
Tanaka Makavasa

#### Honors

Tazaria Anderson  
Evan Hill  
Kyshunna Mathis  
Serenity McDuffie  
Joshua Moore  
Manswell Peterson  
Kelsey Simmons

### **Mrs. Barnes**

#### High Honors

Keirston Williams

#### Honors

Wesland Brown  
Shondrauna Burns  
Alondra Calhoun  
Anthony Chase-Hill  
Tazha Howard  
Blake Moore  
Dani Newman  
I-Asia  
Tucker- Mimms  
Alexus Young

### **Mrs. Floyd**

#### High Honors

Cierra Franklin  
Alisa Ivanina  
Allece Williams

#### Honors

Tywin Anderson  
Zimoriah Brunson  
Alexus Clark  
Elizabeth Gibson  
Jayline Hilson  
Raii Patterson  
Adonis Perry

### **Mrs. Gibson**

#### High Honors

Thai Boyd

#### Honors

Alexia Chambers  
Jasmine Cox  
Brandon Fenn  
Shemiyah Johnson  
Joseph Stone  
Alexis Wilson  
Anesia Woods  
Jasmine Young

### **Mrs. Green**

#### High Honors

Ed Belocura  
Katherine  
McDonald

#### Honors

Danielle Arnold  
Kayin Lewis  
Brooklyn Mathis  
Kourtney  
Merriweather  
Deana Miller  
Brady Morgan  
Alexia Singleton  
Taylor Williams

### **Mrs. Hayslip**

#### High Honors

Nathan Alligood  
Kelsey Breasette  
Destiny Burch  
Ambrosia Harris  
Matthew Hunter  
Arnelle Konde

#### Honors

Keiland Atkins  
Moneesha Blocker  
Keonta Brown  
Brittani Clemons

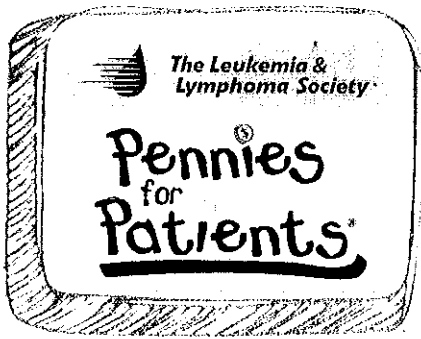
Kanaysha Cobb  
Tamija Dunnaway  
Kiara Houston  
Kwajelien Jones  
Lamancia Martin  
Suhani Patel  
Lauren Smith  
Davarian  
Tarver-Pickett  
Kendell Thompson

### **Mrs. Thornton**

#### Honors

Tiana Campbell  
William Cato  
Dejuan Facon  
Dillon Giggey  
Allison Griswold  
Cabreciunna Hand  
Deanna Hutchinson  
Kennedy Johnson  
Jordan Laster  
Keamber Lewis  
Brianna Mathis  
Dezmond McKinney  
Yasmine Mosley





# make change, beat cancer.

Hey Parents!

It's time to empty that coin jar, clean out those couch cushions and check your pockets for **Pennies for Patients!** Students are making change to beat cancer in this 21st annual community service and cancer education program.

**Our school will be collecting spare change and other donations to support Pennies for Patients, a cancer education program and fundraiser benefiting The Leukemia & Lymphoma Society.**

Last year, students in Georgia raised **\$674,000** to fight blood cancers like leukemia and provide services for patients and their families. This year, our school is committed to help raise even more, so to assist our cause you can make an online donation to help reach our school's fundraising goal of \$1,500.

It's easy! The website is

<http://ga.syllsevent.org/ROBERTACROSSMIDDLEMAGNETSCHOOL>

Click on the **Donate Now** button at the top of the page. You can indicate the student, teacher or classroom to credit for your donation. When you donate, you will automatically receive a tax deductible receipt to submit to your company's matching gifts program.

Thanks for **making change** to beat cancer! Please tell your friends and family about our page!

Along with spare change, you can also send checks payable to LLS or Pennies for Patients. Every penny counts! The top fundraising classroom will win T shirts and a Pizza Party!

For more information, contact our school coordinator Mrs. Morine at 431-1212 or Karen Odell at 404-720-7843/email [Karen.Odell@lls.org](mailto:Karen.Odell@lls.org).

## Did you know?

- Every 4 minutes, someone is diagnosed with a blood cancer. Every 10 minutes, someone dies.
- Leukemia is the most common cancer in children less than 20 years old.
- It is estimated that 1 of every 403 children in the Midwest will be diagnosed with a cancer before age 15.
- LLS invests millions of dollars from Pennies for Patients in research and patient services. Every penny counts!
- In the early 1960s, only 1 in 25 children survived leukemia. Today, more than 8 in 10 with acute lymphoblastic leukemia survive.
- Estimates indicate that there is \$10.5 billion in loose change sitting idle in American households!
- Kids helping kids makes all the difference!

# Fitness Newsletter

## Getting Kids into the Fitness Zone

Our school is preparing to take part in the FITNESSGRAM physical fitness assessment. FITNESSGRAM was selected by the Georgia Department of Education because it measures only those areas of fitness related to the health of students. The areas of health related fitness include: cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

**The following FITNESSGRAM assessments will be used to measure your child's health-related fitness:**

- PACER or One-Mile Run (Cardiovascular)
- Push-Up (Upper body strength)
- Curl-Up (Abdominal strength)
- Back-Saver Sit and Reach (Flexibility)
- Body Mass Index (Body Composition)



**The FITNESSGRAM assessment does not compare your child to anyone else, nor does it measure skill or athletic performance.**

Rather, it compares your child to health standards that have been established by researchers as the level of fitness all students should reach in order to attain health benefits.

**After your child has completed the FITNESSGRAM, you will receive a student report that includes the following:**

- A brief explanation of each fitness assessment
- Details on the importance of each assessment
- Your child's actual scores and the Healthy Fitness Zone (HFZ) for your child's gender and age
- An explanation of the HFZ and the student report

**A few ways to support your child:**

- Stress the importance fitness has on feeling good!
- Give your child equipment that encourages physical activity.
- Help your child identify a time and place for daily physical activity.
- Restrict time watching T.V. and playing video games.
- Be a role model for your child.
- Share or teach your child games you enjoyed playing as a child.
- Praise and encourage your child to be active.
- Involve your child in recreation programs within your community.

We are very excited about participating in FITNESSGRAM and hope you will support and help your child reach his/her potential. If you have any questions, please contact your child's physical education teacher, Mr. Bentley, Mrs. Thornhill, or Mr. Wooden at 481-1212.

More information for parents can be found at [www.georgiashape.org](http://www.georgiashape.org)



### Support Statement

I pledge to support my child in his/her efforts to "Reach the Healthy Fitness Zone."

Parent Signature \_\_\_\_\_

Information on the validity and reliability of all the FITNESSGRAM assessments can be found at [www.fitnessgram.net](http://www.fitnessgram.net) under the section entitled "Reference Guide." We encourage you to check it out!