

# SAMPLE PROCLAMATION

**Whereas**, physical education and health are crucial topics for children to learn because they teach the importance of exercise and a healthy diet;

**Whereas,** physical inactivity is a major health risk factor in this country today for youth of all ages and abilities;

**Whereas,** the nation’s leadership recognizes that physical inactivity is a serious, nationwide health problem among today’s youth;

**Whereas,** physical activity is necessary to support growth in children, and is essential to the continuing health and well-being of all youth, of all ethnicities and abilities;

**Whereas,** physical activity reduces the risks of cardiovascular disease, high blood pressure, diabetes, chronic low back pain, and certain types of cancers;

**Whereas,** the 50 million school-aged children and youth of varying abilities across this great country have the potential to acquire the knowledge, skills, and values that can lead to a lifetime of physical activity and healthy living;

**Whereas**, [Enter county] Public Schools has supported the partnership established with the United States Department of Health and Human Services to implement the “***I CAN DO IT, YOU CAN DO IT!***” program;

**Whereas**, [Enter county] Public Schools has become apartner promoting physical activity/fitness and sports participation during May, National Physical Fitness and Sports Month;

**Therefore,** be it resolved this event, “***I CAN DO IT, YOU CAN DO IT!***” urges all students in [Enter county] Public Schools to renew their commitment to make regular physical activity a part of their lives and quality physical education programs a part of this community’s schools.

Presented this 21 day of May 2019

## SAMPLE INVITATION

***Public Schools cordially invites you to the thirteenth annual***



***Presidential Active Lifestyle Award Presentation as we honor our exceptional students for their efforts and commitment to a healthy lifestyle.***

***Wednesday, April 26, 2017***

***Student activities at 9:30 a.m. in the Gymnasium***

***Awards at 11:00 a.m. in the Gymnasium***

***Sample High School***

***Address Line 1***

***Address Line 2***



## SAMPLE PRESS RELEASE

SCHOOL DISTRICT MEDIA ADVISORY

**FOR IMMEDIATE RELEASE**

Wednesday, April 19, 2019

CONTACT:

\*\*\*MEDIA ADVISORY\*\*\*

**# Kids with Disabilities to Receive Presidential Active Lifestyle Awards at Thirteenth Annual ‘I Can Do It!’ Event**

**WHO:** Sample County Public Schools students with disabilities, representatives from the Community

**WHAT:** Thirteenth Annual “I Can Do It!” Presidential Active Lifestyle Awards (PALA+) will honor 1,600 students with disabilities, who have participated in an innovative national initiative to increase physical activity levels.

**WHEN:** Wednesday, April 26, 2019

10:00 a.m. to 12:00 p.m.

**WHERE:** Sample High School

12345 NW 1st Street

Anytown, Any State 12345

**WHY:** “I Can Do It!” is an initiative developed by the U.S. Dept. of Health and Human Services, Administration for Community Living. The program is a physical fitness/activity program that links mentors with students with disabilities. The mentor provides training and guidance to assist children in becoming physically active by participating in 60-minutes of exercise a day, for five days a week, at eight-week intervals. Students with disabilities who complete the program receive the President’s Active Lifestyle Award patch and certificate. This program is designed to address the childhood obesity and Type II diabetes also found in youth with disabilities who are more prone to be inactive.

**CONTACT:** Sample Name, Physical Education Supervisor, at XXX-XXX-XXXX

## SAMPLE TRANSPORTATION REQUEST FORM

Date of Request: [Enter date]

Event: [Enter event title]

Date of Event: [Enter date]

School: [Enter name of school]

Region: [Enter region]

Coach 1: [Enter name of coach 1]

Phone #: [Enter coach 1’s phone number]

Coach 2: [Enter name of coach 2]

Phone #: [Enter coach 2’s phone number]

# of buses: [Enter # of buses]

Lift: [Enter number]

Regular: [Enter number]

# of students: [Enter number]

PI: [Enter number]

VI: [Enter number]

HI: [Enter number]

# of adults: [Enter number]

# of wheelchairs: [Enter number]

Power: [Enter number]

Manual: [Enter number]

Total number of all participants (students and adults): [Enter number]

Pick-up site: [Enter site name and address]

ALL REQUESTS FOR TRANSPORTATION MUST BE MADE THROUGH THE PHYSICAL EDUCATION OFFICE AND MUST BE ON FILE ***AT LEAST 2 WEEKS PRIOR*** TO THE DATE OF THE SCHEDULED EVENT

**PLEASE CALL [Enter phone number] TO CONFIRM BUSSES 2 DAYS PRIOR TO THE EVENT**

Please return this form by [Enter date] to [Enter email address].