

HEALTHY KIDS ACT – PHYSICAL ACTIVITY CONTRACT (GRADES 9-12)

The physical activity contract contained in this document needs to be filled out and returned to South Hardin High School prior to September 30. This contract is part of a requirement set by the Iowa Senate in File 2425, which thereby created changes in Iowa Code Section 256. South Hardin High School is mandated to collect this contract from all students, and have all student contracts on file for inspection by Department of Education officials at a yet unnamed date. This contract is part of a large document sometimes referred to as the Healthy Kids Act, which has far reaching impact on schools, including new nutritional standards and mandatory CPR training for all students. We are currently planning how to comply with all other portions of the Healthy Kids Act. There is considerable guidance for schools in how to comply with many portions of this law, but unfortunately, not as much information on how to write these physical activity contracts.

As a result, we realize that there will likely be confusion on how families are supposed to fill out this contract. We as a school have done our best to help your son/daughter fill out this contract with the information we have been provided. Please sign and return this contract prior to September 28. It is not currently our plan to monitor the contract in any other manner other than making sure the form is completed and on file.

Should you have questions, please call and we will attempt to answer as best we can. Other resources for information would be to consider calling your local legislative representative and/or reviewing information available at the following location.

http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1769catid=838&Itemid=2545

Physical Activity Contract 2011-2012 School Year

In 2008, the Iowa Legislature enacted “the Healthy Kids Act,” requiring that all students in grades 6 – 12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

Please fill out the items on the reverse side, sign (both student and parent/guardian), and return to the school by September 30th. If you have any questions, call 641-939-3421.

Name of Student: _____

Grade (2011-12): _____

Signature of Student _____

Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____

South Hardin High School Physical Activity Contract

Listed below are the weeks of the school year in which there are five regular days of classes, potential school activities that may be used in the contract, and some of examples of outside of school activities that are acceptable to use on the contract. Please fill out this form to the best of your ability and sign [both you and your parent] on the opposite side of this document.

School Activities -

Cross Country 8/8 to 10/20	Basketball 11/7 to 2/18	Track 2/13 to 5/19
Football 8/8 to 10/21	Wrestling 11/14 to 2/18	Golf 3/12 to 5/19
Volleyball 8/8 to 10/21	Tennis 3/12 to 5/19	Dance Team 8/8 to 12/19
Marching Band 8/8 to 10/21	Show Choir 1/4 to 2/27	Baseball 4/30 to 7/2
Cheerleading 8/8 to 10/21	Cheerleading 11/7 to 2/18	Softball 5/7 to 7/2

Outside of School Activities - farm work that requires physical activity, other jobs requiring physical activity [examples – cleaning, laying carpet, shingling roofs, carrying out groceries], jogging, AAU teams, dance, gymnastics, hunting, trap shooting, Wii sports, aerobics, skateboarding, weight lifting, bowling, etc.

<u>WEEK</u>	<u>ACTIVITIES FOR A MINIMUM OF 120 MINUTES</u>
AUG 29	_____
SEPT 12	_____
SEPT 19	_____
SEPT 26	_____
OCT 3	_____
OCT 17	_____
OCT 24	_____
NOV 7	_____
NOV 28	_____
DEC 5	_____
DEC 12	_____
JAN 9	_____
JAN 16	_____
JAN 23	_____
JAN 30	_____
FEB 6	_____
FEB 20	_____
FEB 27	_____
MAR 12	_____
MAR 19	_____
MAR 26	_____
APR 16	_____
APR 23	_____
APR 30	_____

MAY 7
MAY 14
MAY 21
