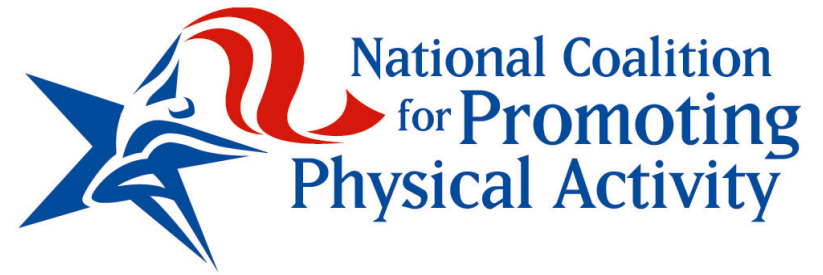


**The Quest to Insure That...**

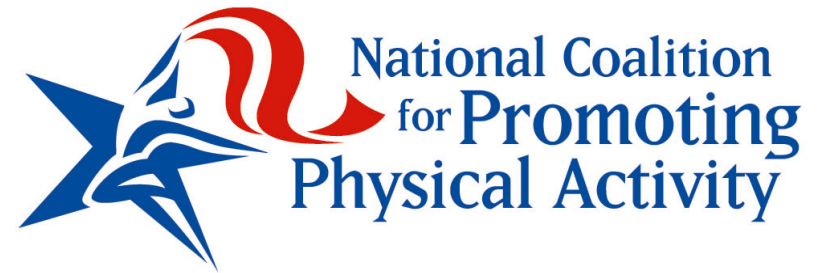
***No Child is Left  
On Their Behind!***

**Sheila Franklin  
Director**





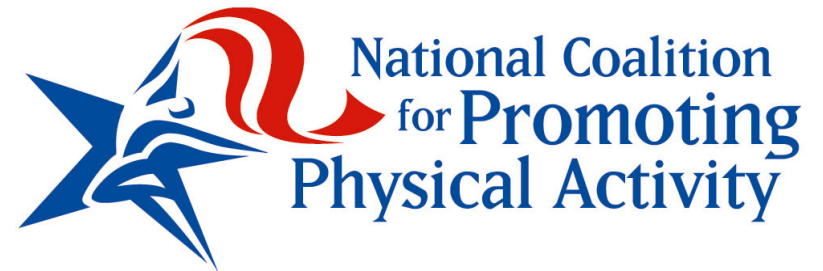
**NCPA is a national network of public, private, and industry organizations seeking to increase physical activity in America.**



## Active Kids Make Better Students...

A study published in the *Journal of School Health* (1997) demonstrated that intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and also reduced disruptive behavior.<sup>[i]</sup>

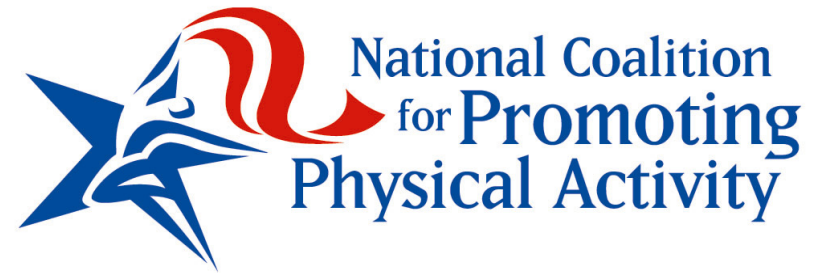
<sup>[i]</sup> Symons, C.W., Cinelli, B., James, T.C., Groff, P. Bridging student health risks and academic achievement through comprehensive school health programs. *Journal of School Health* 1997;67(6):220-227



## **NCPPA Proposed Amendments**

### **21<sup>st</sup> Community Learning Centers**

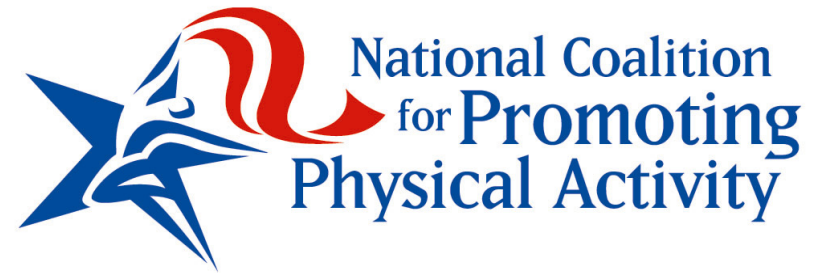
- We commend the Senate on including the language “physical fitness and wellness” in the purpose in the early draft but there is more that can be done!
- Amend the allowable activities funded under the 21<sup>st</sup> Century Community Learning Centers to include physical activity.
- Include examples of programs that promote physical activity under uses of funds.



## **Safe and Drug-Free Schools and Communities**

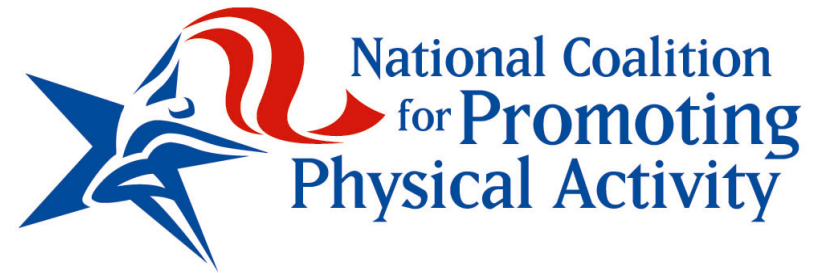
**Disadvantaged youth often have the least access to safe venues for physical activity – underscoring the benefits of in-school and out-of-school physical activity programs. The GAO finds that “areas of low socioeconomic status and high minority populations had fewer venues for physical activity” and “adolescents in unsafe neighborhoods engage in less physical activity” than their peers.**

**Government Accountability Office (2006). Childhood Obesity: Factors Affecting Physical Activity, GAO-07-260R. Washington, DC.**



## Safe and Drug-Free Schools and Communities, Cont.

- Add language to the purpose that encourages “healthy, physically active lifestyles”.
- Expand the grant program under *Safe and Drug-Free Schools and Communities Act* to include non-infrastructure Safe Routes To School programs that encourage biking or walking to school should the local entity decide this is a priority. Give students a head start on their day academically by encouraging a start of physical activity.

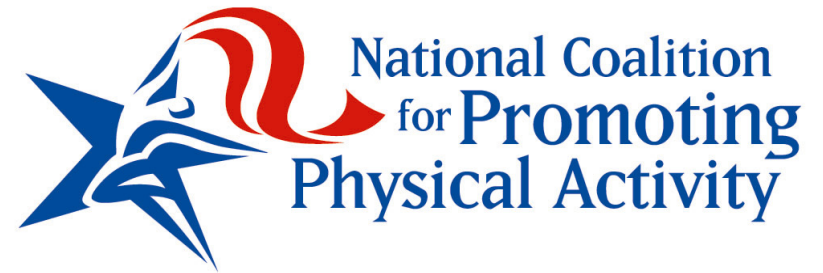


## **Safe and Drug-Free Schools and Communities, Cont.**

- Include direction on incorporating physical activity into existing programs in Service Learning recommendations.

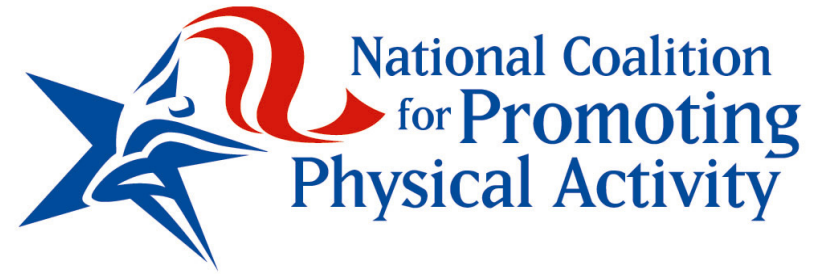
## **Healthy, High Performance Schools**

- Add language such as “promote students walking or biking to and from school” under the definition of what a Healthy, High Performance School.



## What Can You Do To Help?

- Review the menu of options to include physical activity in NCLB
- Select those that you feel the most passionate about as well as those that have a realistic chance of making it in the final bill and introduce a bill, write and amendment and begin to campaign the committee for their inclusion.
- Contact NCPA with any questions



**NCPPA**

**[www.ncppa.org](http://www.ncppa.org)**