



SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 10.1

Meeting Date: May 21, 2015

Subject: Approve Resolution No. 2843: Resolution Designating May as Physical Fitness and Sports Month

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: _____)
- Conference/Action
- Action
- Public Hearing

Division: Academic Office/Curriculum & Instruction

Recommendation: Approve proposed resolution.

Background/Rationale: The Sacramento City Unified School District (SCUSD) recognizes that physical fitness and sports contribute significantly to the development of the whole child and influence student achievement. With the proposed resolution, the district confirms its commitment to promoting physical fitness and joins the nation in recognizing the month of May as Physical Fitness and Sports Month.

Financial Considerations: NA

LCAP Goal(s): College and Career Ready Students; Safe, Clean and Healthy Schools; and Family and Community Engagement.

Documents Attached:

1. Resolution 2843

Estimated Time of Presentation: 10 minutes

Submitted by: Olivine Roberts, Chief Academic Officer & Iris Taylor, Assistant Superintendent for Curriculum & Instruction

Approved by: José L. Banda, Superintendent

SACRAMENTO CITY UNIFIED SCHOOL DISTRICT
BOARD OF EDUCATION

RESOLUTION NO. 2843

RESOLUTION DESIGNATING MAY AS PHYSICAL FITNESS AND SPORTS MONTH

WHEREAS, the month of May is designated as Physical Fitness and Sports Month in the United States; and

WHEREAS, research shows that fit and active children are more likely to thrive academically, have improved behavior in school, and better concentration; and

WHEREAS, moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type II diabetes, and certain cancers; and

WHEREAS, the Institute of Medicine and the Department of Health and Human Services recommend that all schools provide at least 60 minutes per day of moderate to vigorous physical activity within the school day; and

WHEREAS, a decline in physical activity has contributed to the unprecedented epidemic of childhood obesity which has more than tripled in the United State since 1980 and now more than 1 in 3 children are overweight or obese; and

WHEREAS, teaching children about physical education and sports not only ensures that they are physically active during the school day, but also educates them on how to be physically fit, physically active and its importance for a life-time; and

WHEREAS, the social and environmental factors affecting children are in the control of the adults and the communities in which they live, and therefore this District shares a collective responsibility in cultivating and fostering student's that are emotionally, physically and academically fit;

NOW, THEREFORE, BE IT RESOLVED that the Sacramento City Unified School District Board of Education recognizes the importance of nurturing healthy, "physically fit" students; and encourages staff, parents, students, and community partners to engage in collaborative relationships that will promote health-related activities throughout the year.

PASSED AND ADOPTED by the Sacramento City Unified School District Board of Education on this 21st day of May, 2015, by the following vote:

AYES: _____
NOES: _____
ABSTAIN: _____
ABSENT: _____

Darrel Woo
President of the Board of Education

ATTESTED TO:

José L. Banda
Secretary of the Board of Education