



Dear Celina ISD Parents,

One of the outcomes of the 80th Legislative Session was Senate Bill 530, which now requires a fitness assessment for all students in grades 3 to 12 beginning this year. This assessment designates standards called “Healthy Fitness Zones” which are based on age and gender and outline what is considered to be basic levels for good health.

The Texas Education Agency identified an instrument called FITNESSGRAM as the assessment tool to be used by all districts throughout the state. Kyle Sheridan, our high school trainer went through the training for FITNESSGRAM and is working with the physical education teachers in Celina on how to properly administer the tests and how to interpret the data.

This physical fitness assessment is not based on athletic ability, but on good health. Studies show that no matter what your children grows up to become, they will live happier, more productive lives if they are healthy--and physical fitness is vital to that overall health. The FITNESSGRAM program will generate accurate and reliable information about your child's level of physical fitness. Fitness has multiple components so the test (and report) includes a number of different assessments. Some kids may have good muscular fitness but need improvement on aerobic fitness. By having a complete report, you (and your child) will know more about their overall level of physical condition and how it can be improved.

The report that parents will receive provides information about fitness in an easy to read format. In addition, the report provides personalized tips and suggestions that can help in planning an individualized fitness plan. An accurate assessment of physical fitness is one of the components of a comprehensive physical education curriculum that incorporates health-related fitness education. The report provides a way for teachers and parents to teach children about the importance of being active and fit throughout their life.

The goal of the program is to promote regular, enjoyable, physical activity for students so that they can reach and maintain a level of physical fitness that will contribute to good health and well-being.



The students will not receive a “grade” for this assessment and their scores will not be posted or made public. Results are meant to be individualized and personal. They are for use by the teacher, the child, and the child's parents/guardians. While data is collected by the state, the data will have student names removed so that individual scores may not be identified with a particular student. That data will be used to study trends and not to judge individual students.

NO child would ever be made to feel that he or she is too fat or too skinny. Physical educators recognize the fact that physically fit and less-fit people come in all shapes and sizes. The parent and student reports use carefully worded terminology to help parents and students understand possible risks associated with higher levels of body fatness. Language that could be used to describe physical appearance is not used in the reports.

There is no “pass or fail” to the report. The category below the Healthy Fitness Zone on the report referred to as "Needs Improvement," is there to indicate dimensions of fitness that may require special attention. The wording used for this category does not imply "bad fitness" or "poor fitness" but rather areas in which the child should seek improvement. We will work hard to handle each child’s assessment and reporting with respect and confidentiality.

FITNESSGRAM assessments are currently being conducted through the PE and elective classes. If you have any questions regarding this fitness assessment, please contact a physical education teacher at your child’s school or Kyle Sheridan, Celina ISD’s District Athletic Trainer.

Sincerely,

Debbie Kelly
Director, Curriculum & Instruction
Celina ISD
dkelly@celinaisd.com
469-742-9100