



Quality
Physical
Education

January 20, 2011

Dear Parents/Guardians:

The El Paso Independent School District (EPISD) is participating in the *Pathways to Borderland Fitness* grant. This program is designed to help your child learn about the importance of physical activity. As part of this program, we will gather information about your child that is related to his/her health. Your child will be given a pedometer to use for a four day period beginning on a Monday and ending on a Friday. Pedometers are small counters that are fastened to the waistband. They count the number of steps accumulated each day so students can learn about their activity levels. This allows youngsters to set personal goals for activity that are meaningful and motivating to them. The recommended number of steps for students is 10,000 per day. You and your child will be able to monitor this each day.

EPISD students have been trained on the use and care of the pedometer. Just like textbooks and graphing calculators, this is part of the program and the students are responsible for returning the pedometer when the four day test period ends. If the pedometer is lost or stolen, the cost for replacement is \$20.

If you do not return the opt-out form below, we will move forward and issue your child a pedometer for a four day test period. If the pedometer is lost or stolen, you need to understand that you will owe the school \$20 for a replacement.

Sincerely,

Don Disney, Director of Health and Wellness

Return this portion if you DO NOT want your child to participate.

I do not want my child to receive a pedometer for the homework portion during the *Pathways to Borderland Fitness* Program.

Child's Name

Date

Parent/Guardian Signature