



# The Aggie Express

A publication of the Beal City Public Schools

www.bealcityschools.net

August 2010

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## Six Longtime Staff Retire

Beal City Schools would like to congratulate our six retiring staff members and wish them good luck in this new phase of life. Best wishes to:

Arlene Cleveland	Secondary Art/English	37 years of service
Linda Heintz	Counselor	17 years of service
Jeff Klapp	4th Grade Teacher	29 years of service
Tom Lavoie	Secondary BST/Phys. Ed.	24 years of service
Marianne Reihl	2nd Grade Teacher	21 years of service
Susan Tormanen	1st Grade Teacher	20 years of service

Their names have been added to the retiree plaque located in the main entrance lobby.

The Beal City School and Community would like to thank these six individuals for their years of service and dedication to our school district.

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## Homecoming Grand Marshall Nominations

The Beal City Student Council is accepting nominations for this year's Homecoming Grand Marshall. Do you know a community member that has volunteered his or her time and efforts to our community in order to help make Beal City the great place it is today? Would you like to see this person honored for all of their hard work? If so, please submit their name and a brief explanation telling us why you believe this person should be our 2010 Grand Marshall.

Grand Marshall nominations can be given to any Student Council member or our advisors. Email nominations can be sent to julianne\_christensen@yahoo.com, or you may contact Cay Marchiando at 989-644-3780.

Thanks again for your support!

Beal City Student Council

Class lists will be posted on the front doors of Mayes Elementary School starting the week of August 9. Elementary students will also receive their class placements and supply requests in the mail near that date. If you do not receive any information by August 13, please contact the elementary office.

## School Hours Reminder

This is just a reminder that the hours of operation for Mayes Elementary School are from 8:00 a.m. until 2:50 p.m. Elementary students will be able to enter the cafeteria at 7:35 a.m. for breakfast. All other elementary students will have supervision on the playground starting at 7:35 a.m. as well. Lunch and recess will continue to be held from 11:00 a.m. until 11:45 a.m.

## Open House

**There will be an Open House for students entering Kindergarten through 6th grade and their families on Wednesday evening, September 1. This informal walk-through will take place from 5:30 – 7:00 p.m. allowing families to meet with elementary teachers and visit classrooms prior to the start of school. If you have any questions regarding our Open House, please contact the elementary office at 644-2740.**

# Asbestos Management Program

Our school district has conducted an extensive asbestos survey of all of our buildings.

Based on the finding of this inspection, a comprehensive management plan was drafted. This plan details the response actions that the district will be taking regarding asbestos containing materials found in our buildings.

This plan is available for inspection at our offices without cost or restriction during normal business hours. If you desire to have a personal copy, please notify the main administrative office and it will be supplied to you within 5 working days at a cost of \$.30 per page.

Our main administrative office is located at: 3180 W Beal City Rd. Mt. Pleasant, MI. We endeavor to make our schools a safe place in which students can learn. Our procedures for dealing with this problem reflect that concern. Please let us know if we can answer any questions.

**There is a Dual Enrollment Orientation meeting scheduled for August 23rd at 10:00 .m. for all students who are dual enrolled this all. It will be in the Computer Lab and all dual enrolled students should plan to attend.**

# Board Briefs

The following was approved at a regular board meeting on July 19, 2010:

- ☺ General Fund payments of \$276,223.59, Hot Lunch payments of \$4,232.76 and Athletic Fund payments of \$305,266.89.
- ☺ The 2nd reading of Secondary Student Handbook with changes made to the Bullying Section.
- ☺ The 2nd reading of the Elementary Student Handbook as presented.
- ☺ The Classroom Lease Agreement as presented.
- ☺ The recommendation to hire Sara Millerov as the School Counselor.
- ☺ The School Bond Loan Fund Resolution Application as presented.
- ☺ The MISEC Cooperative Resolution as presented.
- ☺ Brandy Atkinson's resignation as a Food Service Worker.
- ☺ The following coaching recommendations as presented with clarification on Dennis Lorenz's position. Lou Rau – Varsity
- ☺ Football, Brad Antcliff – Assistant Varsity Football, Dennis Lorenz – Assistant Varsity Football, Brent Peavey – Voluntary
- ☺ Assistant Football, Stephen Pritchard – Voluntary Assistant Football, Tom Atkinson Jr. – Voluntary Assistant Football, Randy Gallagher – Varsity Volleyball, Emma Schafer – JV Volleyball, Anne Weber – Freshman Volleyball, Brittany Marchiando – 8th Gr Volleyball, Angela Zeneberg – 7th Gr Volleyball, Ken Hisey – Voluntary Assistant Volleyball, - Dave King – Cross Country, Dave Myers – Voluntary Assistant Cross Country – Chelsie Hall – Varsity Cheer, and Kaley Hall – Voluntary Assistant Cheer.

## Character Counts Winners

Twenty-six Mayes Elementary students were selected as second semester Character Counts winners based on good character slips received and staff recommendations. These 26 students were invited to join Beal City parent Holly Decker in making edible art projects on June 8. Congratulations to students in the following classrooms for being selected:

**Mrs. Leff-Ewing:**

Whitney Fields  
Donovan Zuker

**Mrs. Farrell/Natzel:**

Kinleigh Keller  
Jacob Mogg

**Ms. Courtright:**

Austin Hancock  
Colton West

**Mr. Klapp:**

Nicole Myers  
Zach Yoder

**Mrs. Maxon:**

Brayden Haynes  
Allison Wichert

**Mrs. Tormanen:**

Matthew Kolb  
Trenten Wiggins

**Mrs. Snyder:**

Izybel Cross  
Erin Dodds

**Mr. King:**

Tyrel Hoover  
David Miles

**Mrs. Smith:**

Megan Johnston  
Rachal Weber

**Mrs. Reihl:**

Olivia Nelson  
Trey Small

**Mrs. Weis:**

Jillian Hall  
Kara Lybeer

**Mr. Bloniarczyk:**

Ashtyn Thompson  
Phoenix Vavzincak

**Mrs. Wentworth:**

Loura Diaz  
Kaylee Nelson

**A BIG thank you to Holly Decker for making this project possible!**

# Beal City Welcomes New Counselor



Beal City Schools would like to welcome Sara Millerov as our School Counselor. She will be starting here in the fall in place of Linda Heintz who retired at the end of last school. Sara moved to Mt Pleasant from her home town of Caro nine years ago to attend CMU. She received her bachelors degree in education in 2005 and her masters degree in counseling from CMU in 2008. She also worked for central during her years there and also gained experience working in a local professional counseling agency. For the past two years she was the high school counselor for Vestaburg Community Schools. She loves working in a school setting with kids and helping prepare them for their futures.

She and her husband were very excited to purchase their first home in Lake Isabella last year. They enjoy spending time on the lake with their 4 year old chocolate lab, Gunner. They also enjoy camping in the summer and down hill skiing in the winter. She loves to bake, go to the movies, and spend lots of time with family.

She is excited to get settled in at Beal City and get to know the community that she has heard so many great things about!"

**There are three positions on the Beal City Board of Education up for election in November of 2010. Anyone interested in running for a position should contact Judy Schumacher at 644-3431 to pick up nominating petitions. Nominating petitions need to be filed with Judy by 4:00 p.m. on Tuesday, August 10th.**

## Student Drop-Off Procedures

When dropping children off at Mayes Elementary School, please encourage them to use the crosswalk by the front entrance. It is difficult to see students when they are cutting through the parking lot and walking in between buses. We have had some close calls in the past and hope to avoid these situations in the future. Vehicles are also prohibited from parking in the yellow Bus Loading Zone in front of the building—even on a temporary basis. This, again, presents a hazard to children, bus drivers and other vehicles. We do appreciate those of you who follow these safety procedures.

## Fall Sports Information

The Fall sports season is right around the corner. All students who wish to participate this fall will need to have a completed physical form on file before they can start practicing. The fall parent meeting schedule is as follows:

**Cross Country (JH & V)**

**August 4 @ 6:00 p.m.**

**Football (JV & V)**

**August 4 @ 6:30 p.m.**

**Volleyball (JH through V)**

**August 16 @ 6:00 p.m.**

**An increase in participation fees and sports passes were approved at the June Board of Education Meeting.**

### Participation Fees New Rates

**High School**

**1st sport - \$60.00**

**2nd sport - \$40.00**

**3rd sport - \$30.00**

**Maximum family rate for fees of \$225.00**

**JH**

**1st sport - \$30.00**

**2nd sport - \$20.00**

**3rd sport - \$20.00**

### Sports Pass Rates

**Family Pass - \$140.00**

**Adult Pass - \$55.00**

**Student Pass - \$40.00**

**Act 399 PA Michigan Safe Drinking Water Act R325.10416 Beal City Schools. To all faculty, staff, students, and parents/legal guardians: Beal City Public Schools has a water sampling compliance available for review in the Administration Office. Please contact John Graham to review it.**

## Wet & Wild Field Day

Even a little rain didn't dampen the spirits of Mayes Elementary students, staff and volunteers as we enjoyed our annual Field Day on June 4. Kindergarten through second grade students enjoyed a variety of relays, snacks, and a nature hike. We tried something new for 3rd - 6th grade students. Mr. Beckwith, Mr. Bloniarczyk and Mr. King created some new track and field events with Mr. Klapp providing entertainment as our announcer.

Our thanks go out to ALL THE VOLUNTEERS AND STAFF MEMBERS for making this a safe, successful and fun day for our students. We couldn't have

done it without you!!

## Notice of Nondiscrimination and Grievance Procedures

The Board of Education does not discriminate on the basis of race, color, religion, national origin or ancestry, age, sex, marital status, or handicap in the admission to, access to, participation in, benefits of, or employment in its programs or activities as provided by district policy and in compliance with federal and state law.

Further, it is the policy of this District to provide an equal opportunity for all students, regardless of race, color, creed, age, disability, religion, gender, ancestry, national origin, place of residence within the boundaries of the District, or social or economic background to learn enough through the curriculum offered in this district.

Any person who believes that s/he has been discriminated against or denied access to programs or services may file a complaint which shall be referred to as a grievance with the District's Civil Rights Compliance Officer, Joe Judge by calling 644-3901, ext. 320 or emailing at [judge@edzone.net](mailto:judge@edzone.net)

Anyone who would like to be notified when pesticides are being applied in or around the school should contact Central Office at 644-3901.

## New Michigan Child Restraining Law

The new Michigan Child Restraint Law went into effect on July 1, 2008. It requires the use of approved booster seats for children who are both:

- Under eight years old and
- Less than four feet nine inches tall.

This new law extends the current requirement of car seats for children under age four to include older children. It allows officers to stop a driver for that violation alone and a ticket can be issued for each improperly restrained child. Violators will face a fine of up to \$65.

Research has shown that the risk of injury for children ages 4-8 is reduced by 59 percent when using a booster seat and seat belt, versus a seat belt alone. Michigan joins 43 other states by adopting an expanded child passenger safety law. States that have passed similar laws have seen child restraint use increase dramatically. For more information, go to [www.michigansafekids.org](http://www.michigansafekids.org).

## Awards Ceremony

Track ribbons and Presidential Physical Fitness Awards were handed out to third through sixth grade students on the last day of school, June 9. It was the first time we had tried a new format



and hit some glitches along the way. Next year, we'll have all the bugs worked out so the ceremony isn't quite so long. Our congratulations to those students and classrooms receiving awards!

## Elementary Dress Code

**This is a reminder to all students and families attending Mayes Elementary School. Flip flops, Wheelies/Heelies and backless sandals are not appropriate footwear in school due to safety concerns. Shoes worn to school also must not have a heel that exceeds one inch. Bare midriffs, tank tops and sleeveless shirts less than two inches wide on the shoulders are not acceptable. For further Dress Code guidelines, please refer to the 2010-11 Mayes Elementary Parent/Student Handbook. Thank you for your cooperation.**

# Communicable Disease and Pest Policy

In keeping with the Michigan School Head Lice Prevention and Control Policy, a section of the elementary student handbook regarding lice, states that we do not do pre-planned “all school” head lice checks.

Any student with live lice may remain in school until the end of the school day. Children will be allowed to ride the school bus home. Immediate treatment at home is advised. The student will be readmitted to school after treatment and examination. If, upon examination, school personnel find no live lice on the child, the child may reenter school. Parents should remove nits daily and treat if live lice are observed. When a member of the school staff suspects a child is infested with head lice, there are specific procedures that will be followed.

This policy has been approved by the Michigan Department of Community Health (MDCH) and the Michigan Department of Education (MDE). If you have any questions regarding this policy, please consult the student handbook or call the elementary office at 644-2740.

**7th grade orientation is scheduled for Tuesday, August 24th at 6:00 p.m. in the gym.**

# Michigan Merit High School Graduation Requirements

Effective beginning with Students Entering 8th Grade in 2006

- 4 Credits – English Language Arts
- English Language Arts 9, English Language Arts 10, English Language Arts 11, English Language Arts 12
- 4 Credits – Mathematics
- Geometry, Algebra I, Algebra II, one math or math-related course in final year of high school
- 3 Credits – Science
- Biology, Chemistry or Physics, one additional science credit
- 3 Credit – Social Studies
- World History & Geography, U.S. History & Geography, .5 credits in both Civics and Economics
- 1 Credit – Physical Education & Health
- 1 Credit – Visual, Performing and Applied Arts
- Online Learning Experience
- 2 Credits – Language Other than English
- In grades 9-12; OR an equivalent learning experience in grades K-12 (beginning with students entering 3rd grade in 2006)

More information on “Making the Most of High School” can be found on the school’s website at [www.bealcityschools.net](http://www.bealcityschools.net)

# Transportation Policy

It is the policy of Beal City Public Schools not to allow students in Pre-School, kindergarten, first, second, and third grades to be dropped off at a bus stop unless there is a parent, older sibling or caregiver visible. This includes the student’s home address, as well as, group stops such as the Weidman Bait Shop and the Jordan Trailer Park. Children under fourth grade must have a parent or an identified replacement (older sibling or caregiver) present when the student is dropped off. If there is not an acceptable person in view at the stop, the student will be returned to the school where they are to be picked up before 4:00 p.m. The student will be brought into the Superintendent’s Office by the bus driver and will not be allowed to leave until the sign out sheet has been signed by the caregiver who is picking them up. Bus drivers will no longer be accommodating parents by meeting them along the route. The changes in this policy will be strictly enforced as we feel it is vital for the safety of our young children that we work with each family to ensure they are not left unattended.

1st offense – written warning

2nd offense – one week loss of transportation and mandatory meeting with the Transportation Director and Principal.

3rd offense – one month loss of transportation and mandatory meeting with the Transportation Director and Principal

4th offense – loss of transportation for the remainder of the year.

Extreme emergencies may be excused. Documentation may be required. Any change in destination after school must be written on a bus pass and given to the child’s teacher and/or building principal. In case of any emergency, contact the appropriate office:

<b>Mayes Elementary</b>	<b>644-2740</b>
<b>Beal City High School</b>	<b>644-3944</b>
<b>St Joseph the Worker</b>	<b>644-3970</b>

# Free/Reduced Price Lunch Application

In this issue you will find a free/reduced lunch application. You only need to fill out one per family. We would like you to send these in before school starts so that we may begin processing your applications. Please mail these in by August 27, 2010 to: Beal City Public Schools, 3180 W. Beal City Rd., Mt. Pleasant, MI 48858.

Students who qualified last year will start this year at the same status but are required to fill out a new application every year. If you have a new child starting school or are new to this school your child will be full pay until their application can be processed. You are responsible for any money accumulated in your child's account until their status has been determined. This can sometimes take a week, although, we try to start processing new students first.

Applications that are not fully completed cannot be processed. Please be sure your social security number is under your signature. This is what people miss most and we cannot process without it. Please take the time to make sure that all of the proper information is listed. If you are using food stamps make sure that you give us your case number for each child. The state will accept no other number so please double check this to ensure a speedy verification.

Thank you,  
Marci Faber

Student breakfast-\$1.20  
Elementary lunch-\$1.70  
Student lunch-\$1.80  
Milk or juice-\$.50

## Kindergarten Graduation 2010

On June 8, the class of 2022 walked across the Big Gym floor to receive their kindergarten diplomas. Most of the attendees



agreed that switching the ceremony to the Big Gym with the large projection screen was a good move. It made it even harder not to shed a tear when the adorable smiling faces appeared six feet tall

## YSU/Weightroom Fundraiser

The Youth Services Unit will be hosting a 30 target 3 D archery tournament at Beal City Schools on September 11th. Registration is the day of the tournament and there will be a round at 9:00 a.m. and 1:00 p.m. The cost is \$5.00 and proceeds will go towards remodeling the Beal City High School weight room.

## VACATION POWERBOOK AND SUMMER COUNTS! REWARDS

During the first week of school, students or parents can redeem COMPLETED Vacation Powerbooks or Summer Counts! Workbooks at the elementary school office for a reward provided by a grant. We feel students should be recognized for their diligence and hard work over the summer. Last year, students received a FREE PASS for themselves and their families to attend the Homecoming Varsity Football game.

# FALL SPORTS SCHEDULE

## Cross Country

### Varsity

Tues. Aug. 24 3:30 p.m. @St. Charles  
Wed. Sept. 1 4:00 p.m. @Carson City  
Wed. Sept. 8 5:00 p.m. @Ovid Elsie  
Tues. Sept. 14 4:00 p.m. Aggie Invit.  
Fri. Sept. 17 3:30 p.m. @Ferris Invite  
Tues. Sept. 21 4:30 p.m. Conf. @Marion  
Sat. Oct 2 9:00 a.m. @Carson City  
Tues. Oct 5 4:30 p.m. Conf. @Manton  
Fri. Oct 15 4:00 p.m. @Montabella  
Tues. Oct 19 4:30 p.m. Conf. in Beal City  
Sat. Oct 23 11:00 a.m. Class D @Bucks Run  
Sat. Oct 30 TBA Regionals  
Sat. Nov 6 TBA Finals @MIS

### Junior High

Wed. Sept 8 5:00 p.m. @Ovid Elsie  
Tues. Sept. 14 4:00 p.m. Aggie Invite.  
Tues. Sept 21 4:30 p.m. Conf. @ Marion  
Sat. Oct 2 9:00 a.m. @Carson City Crystal  
Tues. Oct 5 4:30 p.m. @Conf. @Manton  
Sat. Oct 9 9:00 a.m. @Hesperia High School  
Fri. Oct 15 4:00 p.m. @Montabella  
Tues. Oct 19 4:30 p.m. Conf. Beal City

## Football

### Varsity

Fri. Aug 20 6:00 p.m. Scrim. @Morley Stan.  
Fri. Aug 27 7:00 p.m. SHA  
Fri. Sept 3 7:00 p.m. Clare  
Fri. Sept 10 7:00 p.m. @Manton  
Fri. Sept 17 7:00 p.m. @Muskegon CC  
Fri. Sept 24 7:00 p.m. Lake City  
Fri. Oct 1 7:00 p.m. McBain  
Fri. Oct 8 7:00 p.m. @Marion  
Fri. Oct 15 7:00 p.m. @Pine River  
Fri. Oct 22 7:00 p.m. Evart

### JV

Fri. Aug 20 3:30 p.m. Scrim. @Morley Stan.  
Thurs. Aug 26 6:30 p.m. @St. Charles  
Thurs. Sept. 2 6:30 p.m. @Clare  
Thurs. Sept. 9 6:30 p.m. Manton  
Thurs. Sept 16 6:30 p.m. Muskegon CC  
Thurs. Sept 23 6:30 p.m. @Lake City  
Thurs. Sept 30 6:30 p.m. @McBain  
Thurs. Oct 7 6:30 p.m. Marion  
Thurs. Oct 14 6:30 p.m. Pine River  
Thurs. Oct 21 6:30 p.m. @Evart

## Volleyball

### Varsity

Wed. Aug. 25 9:00 a.m. @Carson City Invite  
Tues. Aug. 31 6:00 p.m. Mt. Pleasant  
Wed. Sept. 8 6:00 p.m. @Shepherd  
Sat. Sept. 11 9:00 a.m. @Montabella Invit.  
Tues. Sept. 14 6:00 p.m. Lake City  
Sat. Sept. 18 9:00 a.m. Beal City Invitat.  
Tues. Sept. 21 6:00 p.m. @McBain NMC  
Thurs. Sept. 23 6:00 p.m. @SHA

Sat. Sept. 25 8:00 a.m. @St. Louis Invit.  
Tues. Sept. 28 6:00 p.m. McBain  
Tues. Oct. 5 6:00 p.m. @Marion  
Sat. Oct 9 9:00 a.m. @Morrice Invit.  
Sat. Oct. 12 6:00 p.m. @Manton  
Sat. Oct. 16 9:00 a.m. @Saranac Invit.  
Tues. Oct 19 6:00 p.m. Evart  
Sat. Oct. 23 8:00 a.m. @St Louis Invit.  
Tues. Oct. 26 6:00 p.m. @Pine River  
Sat. Oct. 30 TBA Conf. Tourn. @McBain

### JV

Sat. Aug 21 9:00 a.m. @Lakeview Tourn.  
Sat. Aug 28 9:00 a.m. Beal City Invit.  
Tues. Aug. 31 6:00 p.m. Mt. Pleasant  
Wed. Sept. 8 6:00 p.m. @Shepherd  
Sat. Sept. 11 9:00 a.m. @Carson City  
Tues. Sept. 14 6:00 p.m. Lake City  
Sat. Sept 18 8:00 a.m. @ St Louis Invit.  
Tues. Sept 21 6:00 p.m. @McBain NMC  
Thurs. Sept 23 6:00 p.m. @SHA  
Tues. Sept. 28 6:00 p.m. McBain  
Mon. Oct 4 5:30 p.m. @Mt. Pleasant  
Tues. Oct 5 6:00 p.m. @Marion  
Mon. Oct. 11 6:00 p.m. Beal City Quad  
Tues. Oct. 12 6:00 p.m. @Manton  
Tues. Oct 19 6:00 p.m. Evart  
Sat. Oct 23 9:00 a.m. @SHA Invit.  
Tues. Oct 26 6:00 p.m. @Pine River  
Sat. Oct 30 TBA Conf. Tourn. @Pine River

### Freshman

Sat. Aug. 28 9:00 a.m. Beal City Invit.  
Tues. Aug. 31 6:00 p.m. Mt. Pleasant  
Wed. Sept. 8 6:00 p.m. @Shepherd  
Sat. Sept. 11 8:00 a.m. @St. Louis Invit.  
Tues. Sept. 14 6:00 p.m. Lake City  
Thurs. Sept. 23 5:00 p.m. Chip. Hills  
Tues. Sept. 28 6:00 p.m. McBain  
Mon. Oct. 4 5:30 p.m. @Mt. Pleasant  
Sat. Oct. 9 9:00 a.m. Beal City Invit.  
Mon. Oct. 11 6:00 p.m. Beal City Tri.  
Sat. Oct. 16 9:00 a.m. @Carson City  
Sat. Oct. 23 9:00 a.m. @Ithaca  
Tues. Oct. 26 6:00 p.m. @Pine River

### Junior High

Mon. Sept. 13 4:30 p.m. @Montabella  
Thurs. Sept. 16 6:00 p.m. McBain  
Mon. Sept. 20 6:00 p.m. @Pine River  
Wed. Sept. 22 4:30 p.m. @Coleman  
Mon. Sept. 27 5:00 p.m. @Evart  
Thurs Sept 30 00 p.m. McBain NMC  
Mon. Oct. 4 6:00 p.m. Pine River  
Wed. Oct. 6 6:00 p.m. SHA  
Mon. Oct. 11 6:00 p.m. @McBain  
Wed. Oct. 13 6:00 p.m. Coleman  
Thurs. Oct. 21 6:00 p.m. Evart  
Mon. Oct. 25 6:00 p.m. @McBain NMC

# Presidential Fitness Awards

The President's Council on Physical Fitness and Sports was first established as the President's Council on Youth Fitness, on July 16, 1956, by President Dwight D. Eisenhower after the President learned the results of a report indicating that American children were less fit than European youth. In 1963, President John F. Kennedy changed the name of the Council to the President's Council on Physical Fitness, expanded the mandate to all Americans as well as youth, and clarified the purpose and function of the Council. In 1966, President Lyndon B. Johnson broadened the Council's mission to include sports and changed the name to the President's Council on Physical Fitness and Sports.

As a regular practice, students in grades 3-5 take part in the Presidential fitness challenge every fall and spring. For them, the challenge usually involves five rounds that tests the students' physical abilities against different benchmarks. The purpose of this process is to test their endurance and to motivate the students to improve from challenge to challenge by the time the five parts are exhausted. In the five parts, those who score more than 90% in each part will be awarded the Presidential Fitness Award, and students who secure 50% or more in each of the five sections are bestowed the National Fitness Award. The five parts in the Presidential Fitness Challenge include:

- **Curl-ups or Crunches** – The students have to lie flat on their backs with their feet firmly attached to the floor, and then raise their backs completely off the ground for a short duration of time, to make the count. The challenge in its whole is about how many curl-ups one can make in a minute. This exercise tests and builds over a period of time, abdominal strength/endurance.

- **Distance Run** – A one mile run where the time taken by each student is noted. For 8-9 years, the distance is half a mile. The purpose of this challenge is to measure the cardiovascular endurance of each student. Students are encouraged to improve their timings as each week passes by.

- **Sit-n-Run** – Students sit with their feet against a sit-n-reach box and stretch themselves to reach as far as possible along the measuring scale/line. This is to test flexibility. Repeatedly doing this exercise would improve the flexibility by leaps and bounds.

- **Shuttle Run** – This challenge measures the time taken by each student to run 30 feet from a starting line, pick up a bean bag from the other end, bring it back to the starting point, repeating the procedure twice. Each participant's coordination and speed is tested in this challenge.

- **Pull Ups** – Students are required to do the maximum number of pull ups in a stipulated time. This tests the upper body strength of every participant.

## The 2009/2010 Presidential Fitness Award Winners are:

Third Grade	Fourth Grade	Fifth Grade	Sixth Grade
Amy Schwerin	Hannah Carson	Nathan Cotter	Andrea Esch
Kyle Reeve	Rhianna Haynes	Hannah Schafer	Miranda Frayre
Amanda Haupt	Kenny Myers		Jessica Starr
Alexandria Fussman	Nicole Myers		Chase Rollin

## The 2009/2010 National Fitness Award Winners are:

Third Grade	Fourth Grade	Fifth Grade	Sixth Grade
Jaelyn Carnes	Andie Loos	Mckenzie Eiseler	Karina Bellmer
Izybel Cross	Rachel Beltnick	Brenda Faber	Billy Chilman
Erin Dodds	Spencer Clouse	Andrew Harrison	Ian Hoogerhyde
Haley Mowen	Jason Clark	Kodie Keller	Shawn Maulden
Kayla Reihl	Nick Freeze	David Miles	Brad Moore
Nathan Wilson	Ethan Mogg	Skylar Norbury	Kristen Reeve
Katlyn Yoder	Alli Peak	Ariel Salter	Bailey Baker
Ryan Ambs	Ethan Prill	Navid Cole	Aubrey Burman
Joe Clark	Nate Reihl	Eric Maxon	Hailey Carson
Alex Eiseler	Isaiah Schafer	Ryan Powell	Kendall Flaughter
Jillian Hall	Lauren Turner	Dan Smith	Aaron Lay
Bray Haynes		Ashtyn Thompson	Maddison Miller
Kylea Hoover			Sarah Reihl
Kara Lybeer			Joshua Schafer
Kyle Sandel			Erin Sowmick
Cody Torpey			