

News Release: Two Prince George's County Public Schools Receive Nation's Top Physical Education and Activity Distinction

September 15, 2016

For Immediate Release

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UPPER MARLBORO, MD – Arrowhead and Berwyn Heights elementary schools were recently announced as 2016 National Award recipients of First Lady Michelle Obama's *Let's Move!* Active Schools.

Let's Move! Active Schools, part of the First Lady's *Let's Move!* Initiative, recognizes K-12 schools for providing students with at least 60 minutes of physical activity before, during and after school each day.

"Our programs are positively impacting our students physically and in the classroom," said Gail Bentz, Arrowhead Elementary School principal. "We've noticed increased attendance rates and attention span, as well as a decrease in behavior referrals and suspensions, and an overall awareness of healthy eating habits and the necessity for activity."

According to the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans, physical activity leads to higher test scores, improved attendance and behavior, and reduces childhood obesity rates.

Students at Arrowhead Elementary School participate in a before school program called Build Our Kids Success (BOKS). The curriculum is designed by Reebok and encourages physical movement and healthy eating. Students also engage in Jammin' Minute, morning exercises led by students during morning announcements, and are allowed movement breaks throughout the day.

More than 500 schools nationwide received the *Let's Move!* award. All award-winning schools met benchmarks in the following areas: physical education, physical activity before and after school, physical activity during school, staff involvement, and family and community engagement.

Arrowhead and Berwyn Heights Elementary Schools will receive a large display banner, certificate and congratulatory letter from the First Lady.

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