



George West Independent School District

2009-2010 Recognized District

2005-2006 Recognized District

2000-2002 Recognized District

TY SPARKS

Superintendent

ROBIN SELLMAN

Director of Educational Services

Dear Parent/Guardian:

During the 80th Legislative Session, Senate Bill 530 was passed, which requires physical assessment for all students in grades 3-12 starting in the 2007-2008 school year. The Texas Education Agency (TEA) has identified FITNESSGRAM as the assessment tool to be used by all districts throughout the state. The FITNESSGRAM is a criterion referenced, health-related fitness assessment developed by The Cooper Institute for Aerobic Research.

GWISD considers FITNESSGRAM a quality assessment for the following reasons:

1. FITNESSGRAM establishes a baseline of a healthy fitness zone from which students can set goals and check their progress to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility and body composition.
2. FITNESSGRAM provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need improvement.
3. FITNESSGRAM does not place an emphasis on skill or sports-related fitness and students are not compared to other students.

FITNESSGRAM tests all students regardless of age, gender, or ability. Students are encouraged to be aware of health related fitness and take responsibility by setting personal fitness goals.

Each campus will develop a schedule to assess all students in these grade levels. Students may only be exempt from the assessment by either (1) a note from a doctor and/or (2) Admission, Review, and Dismissal (ARD) committee decision. On your child's test day, he/she should bring athletic shorts, a t-shirt, socks, and tennis shoes. Testing in warm-ups is permitted. If your child forgets proper testing attire, he/she will proceed with the fitness test in standardized dress.

A copy of your child's physical fitness assessment will be made available to the parents/guardians by the end of the school year. GWISD believes that by providing you and your child with this health-related fitness information, you can lead your child toward a healthy lifestyle. A healthy student is better prepared to learn and perform in all aspects of life.

If you have questions about the FITNESSGRAM Assessment, please refer to <http://www.FITNESSGRAM.net/texas/>.

Sincerely,

Ty Sparks
Superintendent