



President's Council on Fitness Sports and Nutrition Demonstration Center School Project

Background and Process:

The President's Council on Fitness Sports and Nutrition (PCFSN) Demonstration Center Project is an initiative to promote and recognize elementary and secondary schools that clearly emphasize physical activity and fitness in their physical education programs and in their school environment. Partners for a Healthy Nevada (PHN), a community obesity prevention coalition in southern Nevada has taken the lead in re-establishing the program in Nevada. We know that while there are many constraints, many of our schools are doing an outstanding job providing quality Physical Education and we wanted to recognize those efforts.

Partners for a Healthy Nevada developed criteria, based on national criteria and sends an application and cover letter explaining the process to each school in the Clark County School District as well as to other Districts state wide each fall. The applications received are judged by a panel of PHN members. All schools that are selected as a PCFSN Demonstration Center School also receive a site visit by the PCFSN State Coordinator.

Selection Criteria:

Overall, schools selected provide a school environment or culture of physical activity. Principals support the importance of active children. Physical Education teachers work well together as a department and collaborate with other school-based personnel to support a culture of wellness. The following are the specific criteria that schools selected have to meet and some creative ways that the schools are meeting the criteria:

- *They align lesson plans with the Nevada State Physical Education and Health (and Nutrition) Education Standards.*
- *They administer assessments of health and fitness learning concepts as they relate to meaningful content objectives.*
- *They promote lifelong physical fitness activities that include but are not exclusive to team sports (which require additional players) or competitive sports (which primarily focus on competition).*
- *They engage students in moderate to vigorous physical activity, at least to the level of a moderately paced walk, for at least 50% of the class period. Transition time is minimal (e.g. attendance, verbal instruction, and locker room time) while, participation is maximized for every student during class activities (e.g. inclusion, non-elimination games, all students active at once).*
- *They provide and promote opportunities for students to be physically active before, during, and after school (e.g., intramural, recess, physical activity classroom breaks, walking and biking to school programs) to help reach the recommended 60 minutes/day.*



- *They administer physical fitness assessments a minimum of twice a year to evaluate, motivate and provide an opportunity for students to goal set and monitor progress.*
- *They promote engagement in physical activity outside of school within families and communities (e.g., hiking, walking, team sports, swimming, activity clubs, dance, etc.). Students are provided opportunities to self monitor their activity and earn points towards meeting recommended goals (e.g. President’s Challenge Physical Activity and Fitness Awards Program).*
- *They provide structured, developmentally appropriate physical activities that are inclusive of all students (e.g. students with disabilities, students at greatest risk for physical inactivity).*
- *They promote healthy eating behaviors, provide consistent nutritional messages and engage students in educational opportunities activities that link nutrition, physical activity and health).*
- *They convene a school wellness council/ committee that meets on a regular basis (minimum once per semester) throughout the school year.*

Schools

The following schools have been recognized as President’ Council on Fitness, Sports and Nutrition Demonstration Center Schools:

High Schools:

Arbor View High School

Performance Zone Academic Manager: Andre Densen

Contact:

Physical Education Teacher: Hilary Eisen

Principal: Patrick Hayden

702-799-6660

Carson High School

Superintendent: Richard Stokes

Contact:

Physical Education Teacher: Jennifer Minifie

Principal: Mr. Ron Beck

775-283-1600

Middle Schools:

Thurman White Middle School

Performance Zone Academic Manager: Andre Densen
Contact:
Physical Education Teacher: Kim Jefferson
Principal: Danielle Miller
702-799-0777

Charles Silvestri Middle School

Performance Zone Academic Manager: Andre Densen
Contact:
Physical Education Teacher Esther Anderson
Principal: Robert Mars
702-799-2240

Hyde Park Middle School

Performance Zone Academic Manager: Billie Rayford
Contact:
Physical Education Teacher: Jeff Edwards
Principal: Kimberly Bauman
702-799-4260

Elementary Schools:

Paul Culley Empowerment Elementary School

Performance Zone Academic Manager: Dr. Karlene Lee
Contact:
Physical Education Teacher: Jurgen Kraehmer
Principal: Ellen Stayman
702-799-4800

John A. Dooley Elementary School

Performance Zone Academic Manager: Andre Densen
Contact:
Physical Education Teacher: Michele Eizman
Principal: Nicole D. Lehman-Donadio
702-799-8060

Dean Petersen Elementary School

Performance Zone Academic Manager: Jolene Wallace
Contact:
Principal: Susan Steaffens
702-799-1120

Nate Mack Elementary School

Performance Zone Academic Manager: Robert Alfaro
Contact:
Physical Education Teacher: Isaiah Spencer
Principal Nancy Heavey
702-799-7760



Guild R. Gray Elementary School

Performance Zone Academic Manager: Jolene Wallace

Contact:

Physical Education Teacher: Deb LaComb

Principal: Carl D. Johnson

702-799-5950

Mervin Iverson Elementary School

Performance Zone Academic Manager: Robert Alfaro

Contact:

Physical Education Teacher: Alyson Lindahl

Principal: Linnea Westwood

702-799-7260

C.T. Sewell Elementary School

Performance Zone Academic Manager: Dr. Eva White

Contact:

Physical Education Teacher: Derik Brooks

Principal: Dr. Carrie Buck

702-799-8940

Estes McDoniel Elementary School

Performance Zone Academic Manager: Andre Long

Contact:

Physical Education Teacher: Elisabeth Schwartz

Principal: Dr. Mike Rodrigues

702-799-7788

Martha P. King Elementary School:

Performance Zone Academic Manager: Dr. Eva White

Contact:

Physical Education Teacher: Sara Fisher

Principal: Mr. Anthony Gelsone

Walter Bracken Elementary School:

Performance Zone Academic Manager: Andre Denson

Contact:

Physical Education Teacher: Jeff Muehleisen

Principal: Ms. Kathleen Decker

702-799-7095



President's Council on Fitness, Sports and Nutrition, State Coordinator:

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