

Congressman Murphy, Superintendent Snead, Mayor Jarjura Announce \$491,000 Grant for Waterbury School Physical Ed

Today, Congressman Chris Murphy (CT-5), Superintendent of Schools Dr. David Snead, and Mayor Michael Jarjura announced that Waterbury will receive a three year grant from the U.S. Department of Education to promote new physical education programs for students, and encourage them to adopt healthy, active lifestyles.

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WATERBURY, CT - Today, Congressman Chris Murphy (CT-5), Superintendent of Schools Dr. David Snead, and Mayor Michael Jarjura announced that Waterbury will receive a three year grant from the U.S. Department of Education to promote new physical education programs for students, and encourage them to adopt healthy, active lifestyles. The grant award for the first year of the program is \$491,000. The grant was made available through the Carol M. White Physical Education Program, and Waterbury's proposal was selected by the Department of Education through a competitive application process.

"When I was a kid, gym class was my favorite part of the school day. Unfortunately, students these days rarely get the opportunity to be active and exercise at school. This grant will help restore physical education as an important part of our students' experience, and help kids develop healthy habits for life," said Murphy.

Speaking about the grant, Superintendent of Schools Dr. David Snead said: "This is great news! This grant from the Carol White Physical Education Program will allow Waterbury students to utilize new high-tech fitness equipment as part of the physical education programs in our middle schools, as well as at two community sites. Students will be encouraged to develop life-long exercise habits that will contribute to their general health and well-being."

And Mayor Michael Jarjura said: "With the alarming rates of child obesity in this country, we need to do all we can to promote activity and good health among our children. We are grateful, as always, to Congressman Murphy for his assistance in obtaining this grant."

Waterbury schools will use the funding to implement a new approach to physical education, called "PACE IT" (Physical Activity Curriculum Enhancement through Integrated Technologies). Funds will go toward creating Youth Fitness Centers in the city's three middle schools and at the Waterbury YMCA and Police Activity League. The centers will be outfitted with new fitness equipment, and teachers and recreational specialists will help students record their activities and track their progress. Additionally, the health and wellness curriculums for students will be emphasized to include more education about proper nutrition and exercise.

According to Joe Gorman, Waterbury Supervisor of Health and Physical Education: "Our goal is to help our kids become optimally smart, healthy and fit. Thanks to the unyielding efforts of our administrators, teachers, staff and community partners to advance this goal, today's Carol M. White Grant Award marks an enormously important milestone for the Waterbury Health and Physical Education Department. It creates exciting new opportunities for our students to achieve these cherished outcomes. Our department is both proud and flattered by this prestigious distinction, and eager to begin proving that the national selection committee was right in backing our plan!"

This grant follows a \$500,000 grant from the Department of Education earlier this month to enhance Waterbury's school libraries.

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