



Connecticut Association for Health, Physical Education, Recreation and Dance

[www.ctahperd.org](http://www.ctahperd.org)

March 2014

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2013 - 2014

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563 Miller Road  
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Dear Principals,

As President of the Connecticut Association for Health, Physical Education, Recreation and Dance (CTAHPERD), I would like to personally extend an invitation to your school to participate in the **26th anniversary** of Project A.C.E.S. (All Children Exercising Simultaneously) on May 7, 2014. Project A.C.E.S. has been held annually since 1989. At 10 a.m. on May 7<sup>th</sup>, millions of students from all over the world will exercise together to promote proper health and fitness habits in what has been billed as "The World's Largest Exercise Class".

Participating in Project A.C.E.S. is also a great way to support the "*Let's Move Active Schools*" initiative. Healthy kids learn better and Project A.C.E.S. is a great way to celebrate a balanced approach to educating children and preparing them for the future. Students are given an opportunity to demonstrate their commitment to a healthy and active lifestyle through their participation in this event.

Each school has an opportunity to plan its own activity. Suggestions include a school-wide fitness walk, guest speakers, performances or cross-grade demonstrations. Many schools use this day as either a kick off or culminating event highlighting increased physical activity. Your physical educator would be a valuable resource in planning for this occasion. Please share this letter with your physical education staff and become a part of this international initiative.

As you are aware, obesity rates have tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents. First Lady Michelle Obama has initiated the "Let's Move" campaign, aiming to solve the epidemic of childhood obesity within a generation. Join us in the fight to end childhood obesity and promote the health and wellness of our students by participating in Project A.C.E.S. and in learning more about the "Let's Move Active Schools" initiative.

The first **one hundred** schools to register their event with CTAHPERD by the **April 15<sup>th</sup>** deadline will receive a banner to commemorate their participation. Your school can register with Diane Wright by email-[diane.wright@new-haven.k12.ct.us](mailto:diane.wright@new-haven.k12.ct.us)

Please provide your school's full address, phone number, email and contact person so we can properly record your event. Reminder, teachers should not request banners through the Project A.C.E.S. program, but through Ms. Wright's email. Banners will be mailed out early in May. Thank you so much for your attention to this health promoting activity.

Sincerely,

Bryan Plona  
CTAHPERD President

*P.A.S.S. ~ Physically Active School Systems  
With the 4C's*

*ConneCT ~ Communicate ~ Cooperate ~ Collaborate*

State Affiliate of the American Alliance for Health, Physical Education, Recreation and Dance