



December 24
Issue 1



PROGRAM
NEWS

Events

January 4th

Unveiling of traverse wall at North



January 11, 12, 14

Teachers participate in SPARK PE professional development

January 18th

YMCA PE Coaches begin providing 2 PE classes per week at Lewton, STEM, Riddle and North

February 19

Family Fitness Night at Sexton

Participating Schools

- Lewton - Grades 4-6
- North - Grades K-6
- Riddle - Grades K-3
- Sexton - Grades 7-12
- STEM - Grades K-8

Our Partners



What is PEAK?

P.E.A.K. is funded by the U.S. Department of Education to achieve the following in five Lansing schools:

- Improve student fitness and healthy life-styles through instruction and skill building in physical education classes and after school programming.
- Build a community commitment to wellness through family activity nights, wellness centers and community partnerships that strengthen opportunities for families to improve their level of fitness and knowledge about healthy behaviors.



Why is PEAK Important?

Physical activity supports academic achievement. Students that get regular physical activity are better positioned to succeed in the classroom.

What can Parents Expect from the Grant?

- Students will receive inclusive, engaging and effective physical education instruction.
- Students may be wearing pedometers to measure their physical activity.
- Opportunities for parents and students to participate on advisory committees representing grant funded schools.
- Premium physical education equipment.
- Wellness Seminars and Family Activity Nights supported by community partners.



PEAK Project Director

Rebekah Sink
(517)755.1045
rebekah.sink@lansingschools.net

