

## MCCPTA Health Committee January 08 Update

Tracy Fox, MPH, RD, Health Committee Chair, MCCPTA ([tracyfox@comcast.net](mailto:tracyfox@comcast.net))  
Update as of January 9, 2008

### **Curriculum Advisory Committee: Subcommittees for PE and Health Seeking Parent**

**Input:** Parents of students in Montgomery County Public Schools are urged to consider serving on the Curriculum Advisory Committees (CAC's) Subcommittee for PE and Health Ed. These are important sub-committees that make recommendations to MCPS for enhancements/modifications to the curricula. Here are some details:

There are two more CAC meetings this year (which is half the meetings), on January 28 and March 10 (Mondays).

The meetings are at Shady Grove Middle School from 7 to 8:30 pm.

If interested, please contact Sharon Schulman ([sharon29@comcast.net](mailto:sharon29@comcast.net) or 301-881-0465) or Ted Willard ([twillard@aaas.org](mailto:twillard@aaas.org)).

The time commitment is not huge – there are generally 4 meetings a year (with 2 remaining for this school year).

It is fine to have more than one parent involved in each subcommittee since you may not be able to make each meeting. If a parent agrees to do this, we would like them to commit to attend most, if not all of the four yearly meetings.

At the end of each meeting, Sharon and Ted would like to have a very brief report to let them know what happened – this info is then passed on to the MCCPTA delegates.

Parents can also attend the MCCPTA Curr Comm meetings – but that is not mandatory. There is an MCCPTA Curriculum Committee listserv that parents are encouraged to join as well.

**MCCPTA Health Committee Web Site:** additional articles and resources have been added to the Health Committee section of the MCCPTA web site.

**Food Marketing Survey Conducted in MCPS schools:** At the request of Councilman Leventhal, the Center for Science in the Public Interest, in partnership with MCPS Division of Food and Nutrition Services and the County Department of Health, conducted a food marketing survey in a random sample of schools. The final report will be presented to Councilman Leventhal, Chair of the Council Health Committee, on January 31<sup>st</sup>. There will likely be a number of recommendations regarding PTA fundraising practices.

**April Delegates' Assembly Program:** the April DA program will be devoted to Nutrition and Physical Activity/Education topics. Parents interested in helping plan this program are encouraged to contact Tracy Fox ([tracyfox@comcast.net](mailto:tracyfox@comcast.net)).

**Physical Activity:** BOE Member Abrams is interested in looking at recess in elementary schools to ensure that children are being active and that recess remains an integral part of the day. I will likely be meeting with some other PE teachers who have met with Mr. Abrams and looking at ways to enhance recess. County Councilmember Berlinger is also interested in the issue of physical education and activity in schools.