

We want you to become part of “Let’s Move! Active Kansas Schools!” Through the generous funding of the Kansas Health Foundation, we have the opportunity to continue training Kansas physical educators to become Physical Activity Leaders (PAL’s) with a focus on increasing physical activity of Kansas students. To date, over 330 Kansas physical educators have been through this training and we hope you will also take advantage of this wonderful opportunity. Space is limited so make sure you don’t miss this wonderful opportunity.

“Let’s Move! Active Kansas Schools” reinforces the importance of physical educators to the academic mission of schools through their expertise on physical activity. LMAKS emphasizes the Comprehensive School Physical Activity Program (CSPAP) model. Training participants are asked to submit pre-registration materials, participate in an interactive 6-hour workshop, and utilize online materials to implement at least one CSPAP component during the coming school year (physical activity during school, physical activity before and after school, staff involvement and family and community involvement).

Your benefits for being part of LMAKS include training on how to advocate for physical activity (PA), new ideas for PA events for students, staff, and families, strategies for coordinating PA opportunities throughout the school day, and unique ideas for existing physical education programs.

Incentives for participating in LMAKS include:

- \$50 stipend to be used at discretion of PAL – targeted for professional development
- Reimbursement for registration fee to attend 2017 KAHPERD Convention
- Reimbursement for a one-year KAHPERD membership
- “Let’s Move! Active Schools” Banner
- Approximately \$300 in Physical Activity training materials
- Hotel (one night, limit \$125) for those traveling to training over 100 miles one way
- Mileage reimbursement for travel to training
- PAL training at no cost, including lunch

The trainings will be held July 18 in Lawrence and July 20 in Wichita. You should plan to attend the training closest to where you live. The accompanying agreement is to be returned no later than May 26, 2017. Please note you need the support of your building administrator. The form can be returned electronically to kansaslmis@gmail.com or mailed to Rhonda Holt, 511 N. Forestview Ct., Wichita, KS. 67235. Please let me know whether you plan to attend or not as soon as possible so we can begin to make the appropriate arrangements.

We are confident that with the right people involved, “Let’s Move! Active Kansas Schools” will have a positive impact across the state. Space is limited so we encourage you to act on this quickly!! If you know you cannot attend, please send me a message so I won’t continue to send reminders. **We hope you will accept this invitation to join us this summer and become a part of LMAKS!**

Rhonda Holt, LMAKS Project Director