

HIGH DESERT



PRESS DISPATCH

Sunday, March 4, 2012

Victor Valley & The High Desert

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Press Dispatch

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NEIGHBORS



GETTING FIT:

Student Paityn Thibodeaux, right, plays on the swings with other students at the Thunderbird Campus of the Lewis Center for Educational Research's charter school, Academy for Academic Excellence, in Apple Valley.

PHOTO COURTESY OF THE LEWIS CENTER FOR EDUCATIONAL RESEARCH

EDUCATION

The Lewis Center for Educational Research embraces American Heart Awareness month

FROM STAFF REPORTS

One of the many holidays in February was American Heart Awareness Month . The Lewis Center for Educational Research in Apple Valley chose to highlight heart health by promoting physical activity for everyone.

America's children are becoming obese at record levels. But the Lewis Center's charter school, the Academy for Academic Excellence, is working to help students avoid this trend by teaching them the importance of getting vigorous exercise on a regular basis.

The school offers students fun activities for students to get exercise that will keep them fit, and build the foundation for a lifetime of health. During this month the school encourages everyone to be active each day and reminds the community, a journey of a thousand miles begins with a single step, said Cheryl Thompson, manager of development and media relations at the center.

At the Thunderbird Campus, Elementary school students have recess three times a day, four if they come to school early. Students have a dedicated physical education period once a week with 'Coach' Deanna Grandy.

Grandy makes exercise fun with games and teaches students skill building, balance and coordination. Friday's are Family Fitness days, where parents come before school to walk and run with their children. Older elementary students learn how to play basketball, soccer, volleyball and kickball, receiving a sports booklet with rules written for their age level.

At the Mojave River Campus, middle and high school students are often seen running at the beginning of physical education class before their activity of the day begins. This campus has an active after-school athletics program with a multitude of sports. In February students focused on Valentine's Day, those they love and heart health.

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