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## NEWS RELEASE

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### **Garden Springs Elementary: Kentucky's Top School for Health.Moves.Minds.**

Lexington, KY March 3, 2019 — The Kentucky Association for Health, Physical Education, Recreation and Dance (KAHPERD) is proud to recognize physical education teacher Catie Embry from Garden Springs Elementary in Fayette County. Catie was instrumental in bringing Health.Moves.Minds. to her school this year. Not only was Garden Springs one of the inaugural schools in Kentucky to implement the program but they also became the #3 school in the nation for total fundraising. Garden Springs will officially be presented with their school recognition banner on Thursday March 12<sup>th</sup> at 7:50 A.M.

Health.Moves.Minds is a new service-learning program, introduced this year by SHAPE America. “Health.Moves.Minds. is a game changer for school based programs and is revolutionizing the way kids experience physical education in schools today,” said Jamie Sparks, SHAPE America President and Kentucky SHAPE Executive Director. “Schools implementing the program are experiencing the opportunity to drive significant funding and resources back to their school to bolster their school’s wellness efforts. Most importantly, the whole child focused lessons of the program are really impacting students by giving them skills to help them manage emotions and improve their own mental health. As a Kentucky native, I am proud to see this program be introduced in schools across the country but most importantly making an impact here in the Commonwealth!”

SHAPE America developed Health.Moves.Minds. with support from its national partner, Gopher. The program provides teachers and administrators with resources to address mental health school-wide, which reduces the stigma surrounding these topics while giving students critical coping skills. It is grounded in standards-based physical education and health education, and teaches young people how to take care of their mind and body while developing important character traits such as kindness and empathy.

The program includes:

- Free standards-based lessons for grades K-2, 3-5 and 6-8 (grades 9-12 available spring 2020);



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- Activity materials and assessment resources for each lesson; and
- Opportunities for school-wide engagement, parent involvement, and community service.

The Health.Moves.Minds. program also offers a fundraising component. Kentucky schools can earn up to 75% of the funds they raise directly back to their school — or if they want to “pay it forward” and give 25% to a local charity of their choice.

### **About SHAPE America and KAHPERD**

SHAPE America – Society of Health and Physical Educators is the national organization that serves as the voice for 200,000+ health and physical education professionals across the nation. Since its founding in 1885, the organization has defined excellence in physical education, and our National Standards for K-12 Physical Education serve as the foundation for well-designed physical education programs across the country.

KAHPERD is the Kentucky state affiliate of SHAPE America.

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