

## Living Fit in Fairfax Project Opt Out Form

Dear Parent/Guardian:

Fairfax County Public Schools has received an incredible and rare opportunity for the physical education program, a Carol M. White PEP (Physical Education Program) Grant from the U.S. Department of Education's Office of Safe and Healthy Schools. The three-year grant will provide curriculum, software, equipment, and staff training. This opportunity will help prepare our students to lead active and healthy lives. To meet this goal, there will be an emphasis on helping students increase their health and fitness knowledge and form healthy habits.

Grant requirements include data collection on student physical activity, nutrition, and personal physical fitness. Your child's participation in the federal data collection is voluntary, but it will enhance his/her health and understanding of the importance of living a healthy and active life. Data will be collected in and outside of the school day. Your child's grade in physical education will not be affected in any way by participation or non-participation in the collection of data to meet federal grant requirements. The data collected in this project will take place in five one-week windows this school year. During each data collection window, selected students in grades kindergarten through fourth will need assistance with two pieces of data: a four-day pedometer log and a short survey on nutrition and physical activity. Selected students in grades five through twelve will complete three pieces of data outside of the school day including: a seven-day pedometer log, three day activity log, and nutrition survey. The third measure will be completed in your son/daughter's physical education class to measure his/her cardiovascular fitness. Kindergarten through third grade students will participate in a 15-meter shuttle run. Grades five through twelve students will participate in a 20-meter shuttle run.

Participation in the data collection will occur by random selection of the district's student population. Students participating in the project may be chosen for one or more of the five data collection windows. Data that describe the results of this project will not use your child's name or other personal information. Only general grade level group averages will be described in the project's report. If your son/daughter is selected for the data collection, additional information and resources will follow.

If you are willing to allow your child to participate in the data collection, no further action is needed. If you wish to opt your son/daughter *out of the project*, please check the box below and complete the requested information. Please print the requested information, sign on the appropriate line, and return this form to your physical education teacher no later than **February 3, 2012**; only if you do not want your child to participate in the data collection. The information is needed to remove your child from the random selection process.

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 I DO NOT want my son/daughter to participate in the data collection

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student ID#

\_\_\_\_\_  
School

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

To: PE Department