



For Immediate Release

October 31, 2011

MORNINGS IN MOTION at Sacred Heart Cathedral School

The importance and value of movement is being increasingly recognized by educators and parents across our nation. The National Association for Sport and Physical Education research indicates movement plays an important role not only in health, but in the future development of a child. **Physical activity improves brain processes** and develops focused attention.

Beginning Monday, November 28, 2011, Sacred Heart will initiate the optional ***Mornings in Motion*** program at no additional cost.

Mornings in Motion is an initiative from Sacred Heart alumni and parishioner, **Devin Driscoll**, owner of Next Level Training. Since its inception in early 2010, *Mornings in Motion* has received numerous awards including a **National Healthy Living Innovation Award** from the U.S. Department of Health and Human Services. The program was recognized by First Lady, Michele Obama for being the **top K-12 school fitness program** in the country. It has also won the **P.E. Central Best Practice Award; Tennessee Ambassador of Goodwill; Rural Health Association of Tennessee Special Exemplary Project Award.**

The mission of *Mornings in Motion* is to help **increase awareness** of the importance of health and wellness by enacting a workout program prior to the school day. It is not intended to replace the regular PE class or to supplant recess during the day.

The program will be facilitated by Next Level trainers and Ms. Melody McGee, SHCS physical education teacher. The program incorporates **cardiovascular work, strength training, core work, speed and agility** work all wrapped into a fun, energetic 30-minute workout.

All grade levels are invited to participate from 7:00-7:30am on Mondays, Wednesdays and Fridays. Middle School students can also attend from 7:45-8:45am on Wednesdays. In order to participate, please sign and return the Mornings in Motion **Consent Form**.

Students should arrive at the gym at 7:00am (7:45 on Wednesdays for Middle School) wearing athletic shoes and his/her school uniform. If the student is wearing a skort or jumper, she must have shorts on underneath. **Be ready to have a good workout!**

For questions or more information, contact Melody McGee at 588-0415 or mmcgee@shcknox.org.

Please return the Consent Form on the following page.

Mornings in Motion Permission Form

I want my child to participate in the Mornings in Motion program. I understand that my child needs to be at the Sacred Heart Cathedral School gym at 7:00 am on the days he or she is attending, Monday, Wednesday or Friday, and/or by 7:45 for middle schoolers on late arrival Wednesdays. My child will be appropriately attired to perform exercises, and will actively participate in all activities of Mornings in Motion.

Student's name _____

Grade _____

Parent's signature _____

Date _____

Please return to Ms. McGee or your child's homeroom teacher.