



# POTTSTOWN SCHOOL DISTRICT

ADMINISTRATION BUILDING • 230 Beech Street • Pottstown PA 19464 • (610) 323 8200 • FAX (610) 326-6540

*Building a Better Tomorrow*

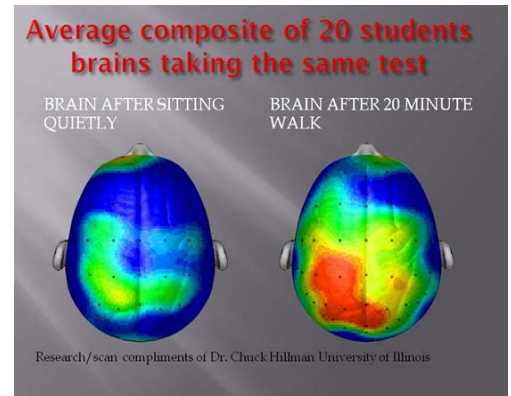
[www.pottstownschoools.com](http://www.pottstownschoools.com)

Dear Parents and Guardians,

Pottstown School District is committed to provide a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting physical activity. Students K-12 have the opportunity, support, and encouragement to be physically active on a regular basis. As a district we make physical fitness and its benefits to academic performance a priority before, during, and after school.

Research tells us that physical activity increases brain function.

Pottstown made a commitment to incorporate physical movement into the learning process to help all students learn more effectively. Students engaged in active classrooms can improve memory and grades.



## What happens when we exercise?



**Physical Activity during the Day**



**Academic Outcomes Related to Physical Activity**

Physical Education Classes	Ability to concentrate
Recess	Attitudes improve
Classroom Activity	Academic behaviors
Extracurricular Activities	Academic Achievement
Play	Attention

You can help improve your child’s success by encouraging them to be physically active outside of school. It’s important that children get at least 60 minutes of physical activity every day. By working together to support fitness and healthy choices, we will be able to help your child enjoy a lifetime of physical activity.

For more information, please visit [www.pottstownschoools.com](http://www.pottstownschoools.com) and go to resources and scroll down to **Nutrition and Fitness**. You will find information about nutrition, sports nutrition, fitness, fun for students, nutrition for teachers, nutrition at home, and so much more.

Thank you

David Genova

District Wellness Coordinator