

News Release

For Immediate Release: October 15, 2003

East Side Union Receives Grant to Promote Development of Healthy Students

The United States Department of Education has awarded the East Side Union High School District approximately \$500,000 to implement a program that promotes the development of lifelong healthy living habits among students.

Project ACT (Attitude, Carryover and Training) recognizes the impact that effective and meaningful physical education can have in the lives of young people. The intent of the program is to improve students' attitudes about physical activity and nutrition, carry over the experience beyond school for life and train teachers in new instructional strategies.

Andrew Hill, Evergreen Valley, Independence and Yerba Buena High Schools and the East Side Cadet Academy will be piloting the program. A special emphasis will be placed on involving the Hispanic community in the project because of the emerging epidemic of type II diabetes in this community. Nationally, Latinos are genetically twice as likely to have type II diabetes compared to other ethnicities. Physical fitness and good eating habits are effective ways to control and/or decrease the incidence of the disease.

Project Act, a one year grant, will enable the district to build a system-wide capacity to deliver a comprehensive, holistic approach to physical education.

"This grant is a great opportunity for us to develop creative ways to educate our students and help them establish better eating and fitness habits," said East Side Union High School District Superintendent Esperanza Zendejas, Ed.D.

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