



16th District PTA Outstanding Programs Award 2012

On Friday, April 13, 2012 Ashland Elementary held its first school wide Jog-A-Thon. This event was part of the PTA Healthy Lifestyles Initiative and an offshoot of our participation in the first 16th District PTA 5K held in October, 2011. It was also a project to improve student achievement and increase parental involvement as part of Prichard Committee's Commonwealth Institute for Parent Leadership. The goals of the event include increase percent of students achieving proficient and distinguished math scores on the state assessment by fall of 2013, encourage physical activity, fundraise for Arts at Ashland performing arts programs, and increase parental involvement.

While other schools have conducted Jog-A-Thons, as far as we know, Ashland's is unique because the data collected from number of laps the students completed will be used to create math assignments and projects that are personally relevant to students in support of the new Common Core standards. This approach was chosen based on the following research. Recent literature reviews on physical activity or physical fitness and cognition (Angevaeren et al., 2008; Etnier, Nowell, Landers, & Sibley, 2006; Hillman, Erickson, & Kramer, 2008; Kramer & Erickson, 2007; Kramer Erickson, & Colcombe, 2006; Vaynman & Gomez-Pinilla, 2006) have all reached the same conclusion: physical activity (or aspects of physical fitness) favorably affects cognitive functioning. Ames (1992) reviewed several types of academic contexts likely to foster mastery goal orientations in school. These include contexts that 1) provide meaningful reasons (e.g., personal relevance) for task engagement or developing understanding of content; 2) promote high interest and intermediate challenge; 3) emphasize gradual skill improvement; and 4) promote novelty, variety, and diversity.

Students were given forms two weeks before the event to get pledges on a per lap basis or fixed amount. On the day of the event, teachers brought their classes outside and the students were briefed on how the Jog-A-Thon would work. Students carried a craft stick which was marked for every lap they completed. There was motivational music playing and parents cheering on the students as they ran,

jogged or walked laps during their classes' 15 minute time slot. A water station was included to keep students hydrated and encourage water as the beverage of choice.

The Jog-A-Thon involved all 389 students at Ashland, 23 classroom teachers and aides, the principal, PTA, community and parental volunteers. Community involvement included the Lexington Tweens Coalition for Nutrition and Physical Activity, community member monetary pledges, CIPL funding for student ribbons and awards, and Water First, a local initiative to reduce consumption of sugar sweetened beverages by encouraging water as the beverage of choice. Approximately thirty PTA members were involved in the planning and execution of the event on April 13th and there is the opportunity for additional participation to develop the math activities to support transition to the new Common Core standards over the summer. Volunteers have already donated approximately 50 volunteer hours in support of Jog-A-Thon and we expect an additional 20 hours will be required to develop the math activities.

There was a great deal of flexibility in how parents could be involved. Some helped develop the pledge form, some manned the water station, some marked laps and some cheered on the students as they ran, jogged or walked. Some parent volunteers stayed for the entire 4 hour event while others came and cheered on their child's class for 15 minutes. Parents who could not come to school during the workday can still help by developing the math activities so their volunteer hours can be completely flexible to fit their schedules. This also provides opportunities to educate parents about the new Common Core Math standards and get their support as we implement them at our school.

The initial evaluation has indicated great success based on positive feedback from students, parents, teachers and the principal. Students ran a combined total of 2302 laps (384 miles which is nearly the distance from Lexington to Washington D.C.). This far exceeded the goal of 2,000 laps (333 miles), raising additional money from pledges to make every student's effort count. We were delighted to raise just under \$1600 dollars from our first Jog-A-Thon and expect it to be a yearly event. The big smiles in the event photos show the students enjoyed the event and all students received a ribbon for participation. The class with the greatest percentage of students collecting pledges will be awarded a trip to Woodland

Park to play and the top individual student will receive a gift card to Dick's Sporting Goods to encourage physical activity over the summer. We will evaluate the program further with discussion at the May 2012 PTA meeting, analysis of state assessment scores in the spring of 2013, and surveys of parents and teachers.





Ashland Elementary
JOG-A-THON
 Sponsor Form
Friday April 13, 2012

Sponsor Sign Up Form for _____ (student's name)

Grade/Class _____

RETURN THIS FORM TO YOUR TEACHER BY Thursday, April 12th

The JOG-A-THON is an important fundraiser for our school plus a fun event for students and their families. You may sponsor me on a per lap basis (i.e. the more I run the more you donate) or a fixed amount. After the event, I will notify you of how many laps I ran and the total pledge amount due.

The average number of laps in 15 minutes will be about 6. One lap is about 1/6 a mile.

100% of all money collected will be used to support Arts at Ashland activities and is part of the PTA Healthy Lifestyles Initiative. Thank you for supporting my school!!!

PLEASE PRINT ALL ENTRIES

	Sponsor Name	Address	Pledge		
			per lap	up to	Fixed
	<i>Sue Jones</i>	<i>1234 SW Main St.</i>	<i>\$1</i>	<i>\$10</i>	
	<i>Grandma</i>				<i>\$15</i>
<i>1</i>					
<i>2</i>					
<i>3</i>					
<i>4</i>					
<i>5</i>					

___I'd like to see every child's effort count. I will make an extra pledge of \$_____ if Ashland surpasses a combined effort of 2,000 laps (333 miles).

Money is collected by the students AFTER the Jog-A-Thon and turned in to the teacher by Monday, April 30th.

To be filled in by PTA after Jog-A-Thon: Laps Completed: _____ Verified by _____

Total Amount to collect and turn in \$ _____ Thank you!!

Checks should be made out to **Ashland PTA**