



January News from AAHPERD's Let's Move in School (LMIS) initiative!

- **Free Webinar, January 11th, 1:00-1:45pm EST: *Staff Involvement*.** High-level support from school administrators and staff is critical to a successful comprehensive school physical activity program. Hear examples and receive tips from schools with successful employee wellness programs that have been shown to improve staff health, increase physical activity levels, and be cost effective. [Register Now!](#)
- [Registration](#) and housing for the 127th AAHPERD National Convention & Expo is now open. Join us and attend a series of **LMIS workshops and events** that will help you lead your school in implementing a comprehensive school physical activity program. **Register before January 19th and save with early-bird rates.**
- **NEW! The Let's Move in School – [Superintendents and School Boards Toolkit](#)** is designed to assess the level of physical education/activity currently provided by the school district. Superintendents and school board members are encouraged to use the toolkit to create awareness of the benefits of a comprehensive school physical activity program and offers steps to increase physical education/activity in your district.
- **School LMIS Toolkits are now available!** We've created a toolkit that offers tools and resources for building a culture that supports daily physical activity as part of the learning environment for all students and teachers. These are available in limited quantities, so act fast and [order](#) yours now. The toolkit includes:
 - o Let's Move in School DVD
 - o Active Kids and Academic Performance brochure
 - o Physical Activity Guide for a Healthy School
 - o 101 Tips for Implementing a Comprehensive School Physical Activity Program
 - o Healthy Kids = Active Learning brochure

Building Parental Support is the theme for the [January issue](#) of *Let's Move in School – Physical Education Teachers Toolkit*. It includes suggestions for educating parents about the importance of increasing their children's physical activity levels. You'll find a ready-made LMIS presentation to give at your next PTA/PTO meeting, new physical activity breaks, a bulletin board message, and special communications inviting parents to participate in your physical education class.