

To the students and families of Des Moines Public Schools:

To comply with the Healthy Kids Act that was recently signed by The State of Iowa, the Des Moines Public Schools Physical Education Department will be forming an agreement with students and families to help meet the required minutes per week that students are engaged in a physical activity for non-school physical activities. Here is a copy of the law.

“Subject to the provisions of sub rule 12.5(6), physically able pupils in kindergarten through grade five shall engage in physical activity for a minimum of 30 minutes each day of school. Subject to the provisions of sub rule 12.5(6), physically able pupils in grades six through twelve shall engage in physical activity for a minimum o f 120 minutes per week in which there are at least five days of school.”

To help meet his mandate, the students may participate in any of the following activities. This list is not an exhaustive list: Interscholastic athletics sponsored by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union; Interscholastic activities sponsored by the Iowa High School Music Association or Iowa High School Speech Association; school-sponsored dance, drill, cheer, spirit activities; non-school gymnastics, dance, team sports, individual sports; or similar endeavors that involve movement, manipulation, or exertion of the body.

This agreement needs to be signed by all concerned parties: the student, the student’s legal guardian, and a representative form the Des Moines Public Schools. This agreement will state the activity or activities, the starting and ending dates of the activities or activity, and will provide sufficient information about the duration of time of the activity or activities each wee. This requirement may be met by participating in activities at recess or during class time, as well as before-or after school.

Joe Townsell

Curriculum Coordinator of PE, K-12

515-242-8504

**Please fill out the information below, sign, and return to the student’s classroom/homeroom teacher.**

**This Data will be reported to the State of Iowa.**

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| **Healthy Kids Act Contact** | | | |
| By signing this contract, I the student, agree to participate in the activity or activities below to meet the state required minutes for physical activity as indicated in the Iowa Law. | | | |
| Student Name: | Student Signature: Date: | | |
| Building Name: | Principal Signature: | | Grade Level: |
| Activity: Semester 1 2 | Begin Date: | | End Date: |
| Activity: Semester 1 2 | Begin Date: | | End Date: |
| Activity: Semester 1 2 | Begin Date: | | End Date: |
| Activity: Semester 1 2 | Begin Date: | | End Date: |
| **By signing this contract I, the legal guardian, acknowledge that the above information is adequate and is necessary for my child to meet the state required minutes for physical activity as indicated in the Iowa Law.** | | | |
| **Parent/Guardian Name:** | | **Parent/Guardian Signature: Date:** | |
| Joe G. Townsell, Curriculum Coordinator of PE,K-12 | | | |