

2009 Project ACES Summary

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11th Anniversary of “Project ACES” Challenge! October 5-18, 2009

(December 4, 2009) Students and employees at all 23 Carroll County public elementary schools and three private schools (Carroll Lutheran School, North Carroll Community School and Gerstell Academy) participated in the 11th annual “Project ACES - *Active Children Excel in School*” challenge to improve health by increasing daily physical activity. The challenge, which ran from October 5-18, 2009, is sponsored by the Carroll County Children’s Heart Health Action Team. Students in kindergarten to fifth grades as well as teachers and staff tracked the amount of time spent each day being physically active, aiming for a total of at least **60** minutes a day.

Activities could include brisk walking, playing, bike riding, dancing, sports, martial arts, even yard work. Students could count active time at school recess and gym class. Some schools had special events to promote the physical activity message, such as fun-runs, before and after-school walking clubs and fitness clubs for students and staff. Teachers and staff were encouraged to take part as well to track their activity and are striving to win a staff luncheon and banner for their school.

Over the past ten years, Project ACES has received 56,058 student entries and awarded \$46,350 to schools for Physical Education and Health programs. During the 2009 challenge, 25 schools took part with **9006** students and **559** staff completing the two-week challenge. Over 600 student prizes were awarded, including t-shirts and memberships to family fitness centers. Individual school PTA’s and PTO’s contributed to student prizes and schools earned Gold (80-100%) and Silver (50-79%) award funds for student participation levels. Thirteen schools earned Gold recognition and thirteen schools earned Silver recognition.

The Children’s Heart Health Action Team reminds families that regular physical activity strengthens the heart, lungs and muscles, provides energy, helps control weight, and relieves stress. It can also make students more alert to perform better in school. Most of all, its fun! Parents can be good role models by staying active with their children and setting limits on time spent watching television, playing video games and computer games. Encouraging all young people to be more active, along with making good nutrition choices, can help fight the rising rates of childhood obesity and diabetes. Choosing more physical activity, healthy foods, and being tobacco-free work together for a healthy heart.

The Children’s Heart Health Team includes the Carroll County Health Department, Carroll County Public Schools, Carroll Community College, Carroll Hospital Center, Cigarette Restitution Fund Program, SAFE KIDS Coalition, Carroll County Department of Recreation and Parks, Partnership for a Healthier Carroll County, Inc. and Westminster City Department of Parks and Recreation.

Awards for schools and students were announced in November. For more information, call Linda Kephart, Supervisor of Health and Physical Education at 410-751-3056.

(Student and Staff Project ACES results are attached).

“PROJECT ACES” STUDENT RESULTS - 2009

School		Number Students K - 5	Entries Returned	Entries Meeting Fitness Goal	Award
1	Carrolltowne	603	470 (78%)	334 (71%)	Silver
2	Charles Carroll	315	202 (64%)	160 (79%)	Silver
3	Cranberry Station	469	326 (70 %)	195 (60 %)	Silver
4	Ebb Valley	484	390 (80%)	240 (62%)	Gold
5	Eldersburg	500	413 (83%)	358 (87%)	Gold
6	Elmer Wolfe	393	225 (57%)	189 (84%)	Silver
7	Freedom District	539	466 (86%)	362 (78%)	Gold
8	Friendship Valley	480	341 (71%)	212 (62%)	Silver
9	Hampstead	376	329 (88%)	277 (84%)	Gold
10	Linton Springs	670	566 (84%)	558 (98%)	Gold
11	Manchester	587	480 (82%)	394 (82%)	Gold
12	Mechanicsville	566	470 (83%0	394 (84%)	Gold
13	Mt. Airy	500	403 (81%)	348 (86%0	Gold
14	Parr’s Ridge	499	321 (64%)	253 (79%)	Silver
15	Piney Ridge	584	527 (90%)	377 (71%)	Gold
16	Robert Moton	450	253 (56%)	168 (66%)	Silver
17	Runnymede	553	337 (61%)	200 (59%)	Silver
18	Sandymount	457	264 (58%)	179 (68%)	Silver
19	Spring Garden	499	434 (87%)	323 (75%)	Gold
20	Taneytown	424	276 (65%)	162 (59%)	Silver
21	Westminster	567	348 (61%)	308 (89%)	Silver
22	William Winchester	557	410 (74%)	263 (64%)	Silver
23	Winfield	645	541 (84%)	401 (74%)	Gold
TOTALS		11,717	8765 (75%)	6655 (76%)	

Private Schools:

24	Carroll Lutheran School	128	81 (63%)	59 (73%)	Silver
25	Gerstell Academy	167	121 (72%)	97 (80%)	Gold
26	North Carroll Community School	66	39 (59%)	53 (89%)	Gold
TOTALS		12, 078	9,006 (75%)	6864 (76%)	

“PROJECT ACES” STAFF RESULTS - 2009

School		Number of Staff in bldg.	Entries Returned	Entries Meeting Fitness Goal	Award
1	Carrolltowne	89	33	27 (30%)	
2	Charles Carroll	45	37	33 (73%)	2nd Place
3	Cranberry Station	75	25	22 (29%)	
4	Ebb Valley	61	8	(13%)	
5	Eldersburg	75	19	19 (25%)	
6	Elmer Wolfe	61	25	14 (23%)	
7	Freedom District	59	23	20 (34%)	
8	Friendship Valley	65	0	0	
9	Hampstead	83	24	21 (25%)	
10	Linton Springs	81	76	68 (84%)	WINNER
11	Manchester	80	34	28 (35%)	
12	Mechanicsville	66	25	17 (26%)	
13	Mt. Airy	52	15	(29%)	
14	Parr’s Ridge	65	17	14 (21%)	
15	Piney Ridge	80	20	(25%)	
16	Robert Moton	92	21	17 (18%)	
17	Runnymede	79	27	18 (23%)	
18	Sandymount	58	12	8 (14%)	
19	Spring Garden	70	19	16 (23%)	
20	Taneytown	83	30	14 (17%)	
21	Westminster	62	11	10 (16%)	
22	William Winchester	67	6	6 (9%)	
23	Winfield	87	52	31 (36%)	
TOTALS		1635	559	403 34% of all staff 72% of all entries	