



Dorchester County  
Public Schools  
Every Child A Success!

# SUPERINTENDENT'S UPDATE

Diana L. Mitchell., Ed.D., Superintendent

DATE: March 15, 2018

## Health Department Donates Kits to Schools

Six Dorchester County schools recently received kits donated by the Dorchester County Health Department meant to promote physical activity during indoor recess and “brain breaks”. Each grade at Warwick Elementary, Sandy Hill, Vienna Elementary, South Dorchester K-8, North Dorchester Middle and Maces Lane Middle Schools received a bag of age-appropriate equipment and activities.

Julie Jones, Coordinator of the Supporting School and Childcare Practices and Polices program said that the main goal of the donation was to ensure that schools “have tools to hold physical activity and energizing breaks throughout the day.” Studies show that brain breaks, or short activity bursts help students improve academic performance and can help with refocusing for better comprehension of lessons and schoolwork. The kits included children’s cardio, yoga, dancing, and hip-hop DVDs, fitness flash cards, activity dice, an action fitness ball, and other fitness equipment. Also included in the bags were internet links to fitness ideas, posters, and nutrition and lifetime healthy training goals. The six recipient schools have all participated in Comprehensive School Physical Activity Program training, also offered by the Health Department.



*Excited Warwick Huskies with (back row l-r) PE teacher Pat Gargan, Julie Jones from the Health Department, and principal Marybeth Blake*