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Rossford kids fit for challenge

The Community Learning Center of Rossford is a nationally accredited program made available through the Rossford Public Schools and the Wood County Educational Service Center. The community center is under the supervision of the county's educational service center and is licensed through the Ohio Department of Education.

Every summer, the centers participate in the Presidential Champions program, which is from the President's Council on Physical Fitness and Sports, designed to encourage children to stay active.

All children have their own online account where they log in all of their physical activities. They accumulate points based on the activity, its duration, and intensity. They are rewarded at the end of summer with either a bronze, silver, or gold medal. This summer, 70 students earned awards.

At Rossford, we participate together by running on the track. We start by stretching out and counting in different languages: French, German, Spanish. We run three miles per week and by the end of every summer have completed a total of 33 miles.

This is a more than just an exercise in physical fitness; it is also an exercise in setting goals. Everyone works at his or her own pace, though some power walk and some run, it's important they are actively moving and working toward their goal. We stress participatory leadership and therefore all the staff actively participates on the track. We do it together, and we have fun too.

This summer we spent some time making a short video about our participation in the Presidential Champions program, which you can watch at

<http://teachers.rossfordschools.org/videos/11weeks33miles.wmv>.

Please enjoy, and stay active.

Michael Fallis

Site coordinator

Community Learning Center of Rossford