



STATE OF CONNECTICUT
STATE BOARD OF EDUCATION



TO: Superintendents of Schools

FROM: Dr. Miguel A. Cardona, Commissioner of Education 

DATE: September 16, 2019

SUBJECT: Connecticut Red Ribbon Physically Active School System (PASS) Program Award

The Connecticut State Department of Education (CSDE) invites superintendents to nominate their school districts for the Connecticut Red Ribbon Physically Active School System (PASS) Program award that recognizes physical fitness as an essential element of school success.

According to the guidance outlined in the U.S. Department of Health and Human Services' 2018 [Physical Activity Guidelines for Americans, 2nd Edition](#), "children and adolescents, ages 6 through 17 years, should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily" to promote a healthy lifestyle. When children are physically active for at least 60 minutes or more on a daily basis, both health and academic performance benefits have been reported. Because school-age children spend much of their waking hours in a school setting, it is beneficial for school systems to incorporate strategies to allow students to be physically active throughout the school day and across all grade levels. As such, the CSDE has included the physical fitness assessment as an indicator in the [Connecticut's Next Generation Accountability System](#), recognizing the important contribution of fitness to a student's holistic development and academic success.

The PASS Program award recipients will be identified on the CSDE's "[Whole School, Whole Community, Whole Child](#)" (WSCC) webpage, recognized by the State Board of Education, and honored at the Connecticut Association for Health, Physical Education, Recreation, and Dance annual conference.

The PASS Program application can be downloaded from the CSDE [WSCC](#) webpage. The deadline for submission is October 15, 2019. Successful applicants will be notified by the CSDE on or before November 1, 2019.

If you have any questions or need additional information, please contact Donna Heins, Education Consultant, at 860-807-2082 or donna.heins@ct.gov.

MAC:dh

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