

The Newport Independent School district received the Carol M. PEP grant in October of 2013. Provided by the Department of Education, these funds are being used to support and build quality PE programs, increase physical activity opportunities and educate students about healthy eating.

This grant is a three year grant that requires annual data to be reported to the Department of Education. Individual student data is not used, only group results.

**Measure 1.1:** The percentage of students served by the grant who engage in 60 minutes of daily physical activity

This is the number of students who engaged in 60 minutes of physical activity on each day. Pedometers were used daily for one week to record the number of steps students achieved. Grades 5-12 also participated in a survey.

**2013-2014**

	Participating Students	Students Who Completed Pedometer Challenge	Response Rate	Students Who Engaged in 60 Minutes of Activity	Percentage of Students that Met Goal
Baseline	1246	1124	90%	178	14%
Round 1	1247	1038	83%	184	15%
Round 2	1276	1072	84%	191	15%

**2014-2015**

	Participating Students	Students Who Completed Pedometer Challenge	Response Rate	Students Who Engaged in 60 Minutes of Activity	Percentage of Students that Met Goal
Round 1	1078	959	89%	237	22%
Round 2	1004	958	95%	256	25%

**2015-2016**

	Participating Students	Students Who Completed Pedometer Challenge	Response Rate	Students Who Engaged in 60 Minutes of Activity	Percentage of Students that Met Goal
Round 1	1035	892	86%	212	20%
Round 2					

**Measure 1.2:** The percentage of students served by the grant who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program in at least five of the six fitness components

Teachers and PEP grant staff administered the FitnessGram assessment. Six components were tested: Pacer, Curl-ups, Push-ups, Trunk Lift, Sit and Reach and height and weight to determine BMI.

**2013-2014**

	Participating Students	Students Who Completed the FitnessGram	Response Rate	Students Who Met the HFZ in 5 of 6 areas	Percentage of Students that Met Goal
Baseline	1246	1043	84%	114	9%
Round 1	1247	930	75%	163	13%
Round 2	1276	1026	80%	243	19%

**2014-2015**

	Participating Students	Students Who Completed the FitnessGram	Response Rate	Students Who Met the HFZ in 5 of 6 areas	Percentage of Students that Met Goal
Round 1	1078	941	87%	284	26%
Round 2	1005	934	93%	450	45%

**2015-2016**

	Participating Students	Students Who Completed the FitnessGram	Response Rate	Students Who Met the HFZ in 5 of 6 areas	Percentage of Students that Met Goal
Round 1	1057	990	94%	251	24%
Round 2					

**Measure 1.3:** The percentage of students served by the grant who consume fruit two or more times per day and vegetables three or more times per day

Each student participating in the program completed a nutrition survey to determine their eating habits over the course of a week.

**2013-2014**

	Participating Students	Students Who Completed a Nutrition Survey	Response Rate	Students Who Ate 2 Fruits and 3 Vegetables	Percentage of Students that Met Goal
Baseline	1246	1082	87%	179	14%
Round 1	1247	1110	89%	354	28%
Round 2	1276	1156	90%	406	32%

**2014-2015**

	Participating Students	Students Who Completed a Nutrition Survey	Response Rate	Students Who Ate 2 Fruits and 3 Vegetables	Percentage of Students that Met Goal
Round 1	1078	910	84%	353	33%
Round 2	1004	982	98%	383	38%

**2015-2016**

	Participating Students	Students Who Completed a Nutrition Survey	Response Rate	Students Who Ate 2 Fruits and 3 Vegetables	Percentage of Students that Met Goal
Round 1	1057	954	90%	289	27%
Round 2					