



## CAROL M. WHITE PHYSICAL EDUCATION GRANT

Funds for Project PAL were obtained through the Department of Education, Carol M. White Physical Education Grant. On June 26, 2005, St. Matthew was chosen as one of 92 schools in the nation and one of only two in Indiana to receive this funding. The Department of Education received 1,078 applications.



## GOALS

- Partner with external experts to ensure Project PAL reflects knowledge from research and health promotion strategies.
- Establish a state of the art model for curriculum.
- Students and families to demonstrate responsible personal and social behavior in physical activity settings and maintain spiritual well-being.
- Increase emphasis on mental health and stress management.
- Upgrade current facilities to broaden community involvement.
- Educate students on developing and maintaining a physically active lifestyle.
- Provide a healthy and nutritional lunch program and promote healthy eating habits.
- Record and aggregate data and expand writing skills across the curriculum.

### St. Vincent Mission Statement:

*Rooted in the loving ministry of Jesus as healer, we commit ourselves to service persons with special attention to those who are poor and vulnerable.*

*Our Catholic health ministry is dedicated to spiritually centered, holistic care, which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.*



St. Vincent  
Children's Hospital  
INDIANAPOLIS • CARMEL

### St. Vincent Children's Hospital

2001 West 86th Street • Indianapolis, IN 46260  
317.338.CARE(2273) • childrens.stvincent.org

### St. Matthew Mission Statement:

*St. Matthew Catholic Parish is an enthusiastic, welcoming and dedicated community called to oneness and growth in personal holiness through the celebration of the Holy Eucharist. We are sent forth by the Word of God to bring others to Christ through our prayer and acts of charity. We strive to share our Roman Catholic faith, enjoy fellowship as a parish family, educate serve others, and be good stewards of the many resources given to us by God.*

## St. Matthew Catholic School

*Believe, Achieve, Succeed*

### St. Matthew Catholic Parish

4100 East 56th Street • Indianapolis, IN 46220  
317.257.4297 • saintmatt.org



# PROJECT



Physically Active Lifestyle



St. Vincent  
Children's Hospital  
INDIANAPOLIS • CARMEL

## St. Matthew Catholic School

*Believe, Achieve, Succeed*



the spirit of caring®

## BACKGROUND

St. Matthew Catholic School is a K-8 elementary school located at 56th & Binford. The school consists of 32 staff members and 450 students.

St. Matthew is an entity of the Indianapolis Archdiocese.

## FACTS

- Approximately 30.3% of Indiana children ages 6-11 are overweight.
- Today's youth are considered the most inactive generation, due to reduced school physical education programs and unavailable or unsafe community recreational facilities.
- Overweight prevalence is higher in boys than girls.
- Prevalence of overweight is higher in children with moderate to severe asthma.
- 80% of U.S. Children and youth eat less than five servings of fruits and vegetables per day.
- Childhood obesity in the United States has tripled since 1960.
- Overweight and obesity are major risk factors for chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and osteoporosis.
- Some children may develop sleep apnea.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults.



## PROJECT PAL

Project PAL is the result of over four years of evaluation and planning by a committee made up of teachers, administrators and parents. The program will be monitored by the Archdiocese of Indianapolis to encourage other schools in the Archdiocese to adopt similar physical education curriculums.

St. Matthew developed Project PAL, a physical education program that will prepare students to meet state and national standards for physical education. Project PAL will use movement activities, aerobic equipment, weight-training and fitness trails to meet the individual goals.

Project PAL partners with St. Vincent Children's Hospital to initiate, evaluate and maintain a physical education program that promotes healthy body, mind and spirit. St. Vincent Children's Hospital will offer various forms of support through nutritional consults, curriculum development, resources, educational opportunities, wellness and stress workshops, and health fairs.

## PROJECT PAL ASSESSMENT

Tracking mechanisms will be used to monitor the success and evaluate the effectiveness of students' behaviors and fitness levels. Tracking will include surveys (lifestyle, physical activity, stress and project satisfaction surveys), individual fitness profiles, equipment use and data activity collected from students.

## PAL CLUB

An after-school program, the PAL Club, will introduce students to physical activities that can be maintained for a lifetime.

The PAL Club will utilize community facilities, such as the local YMCA, swimming pools, local parks, ice-skating rinks and rock-climbing facilities to introduce students to activities that can be incorporated into a life-long healthy lifestyle.

