



# Metropolitan Family Service

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## FOR IMMEDIATE RELEASE:

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### **Metropolitan Family Service Awarded US Department of Education Grant *Reynolds School District to Benefit from Expanded Physical Education Program***

Portland, OR—December 1, 2006-- Metropolitan Family Service (MFS) was recently awarded a \$636,600 grant from the US Department of Education, Carol M. White Physical Education Program. The grant will provide funding over the next three years to expand physical education programs at four high poverty elementary schools in Multnomah County.

The Reynolds Activity Project (RAP) is funded by the grant and will focus on elementary students in the Reynolds School District who receive an average of 80 minutes of physical education per week, a figure that is nearly half of the Secretary of Education's physical activity recommendation of 150 minutes per week and well below research recommending that school aged-children should participate in 60 minutes or more of moderate to vigorous physical activity daily . Data collected via assessments and surveys suggest that many students fail to meet Oregon State Physical Education standards and/or lead unhealthy lifestyles.

Through RAP, MFS will serve the four highest need elementary schools in the Reynolds School District (RSD) - Alder, Davis, Glenfair, and Hartley Elementary all of which currently run after-school programs. The project is a collaboration between MFS, RSD and Oregon Health Sciences University (OHSU). There are three components to the project: a) Improved physical education during the school day; b) Increased time for physical activity and education related to nutrition, cooking, health and wellness by effective utilization of after-school and summer school time, and c) Evaluation to inform instruction and monitor progress towards desired outcomes.

For more information on the RAP activities and Metropolitan Family Service community school programs, please contact Tricia Harding at 503.232.0007, ext. 150 or visit us online at [www.metfamily.org](http://www.metfamily.org).

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Metropolitan Family Service is dedicated to building stronger communities by providing services, connecting people with resources, and offering volunteer opportunities throughout the Portland area. For more than half a century, MFS has played a vital role in the lives of children, families, and older adults. Most people who access our programs are low-income individuals and families.

Our mission is to strengthen families and individuals while enhancing their participation in community life.

More than 1,300 skilled and caring volunteers contribute 132,000 hours in the tri-county area annually. MFS makes connections that strengthen the lives of 32,500 individuals and families each year. Because together, we can do more.

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