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6061 East Avenue, Etiwanda, California 91739
www.etiwanda.k12.ca.us
(909) 899-2451 FAX (909) 899-1656

FOR IMMEDIATE RELEASE
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Contact: Dona Smerek
(909) 803-3101

Etiwanda Intermediate School Hosts Family Fitness Night

On September 15th, over 200 students, parents, teachers and administrators were sweating and smiling at Etiwanda Intermediate School's Family Fitness Night. The gymnasium floor was filled with people of all sizes and ages stretching and doing other warm-up exercises together. Parents got a firsthand experience of the Fitness Testing their students have been taking in their P.E. classes. These tests are in alignment with standards set by the State of California.

Etiwanda's new 'pedometer program' was introduced that encourages students and their families to log 10,000 steps a day for better health. Encouraging students to ride their bikes to school, a donated "beach comber" style bicycle was raffled off by the PTSA. Andrew Aviles was the lucky winner!

The evening finished with 30 minutes of basketball games and an 8 station total body circuit workout. Principal Myricks commented, "It was an outstanding evening for everyone who participated. We take our 'Fit For Life' philosophy seriously here at E.I.S. It is so great to see families working out together...and enjoying it."

If you were unable to attend, we look forward to seeing you in February at our next Family Fitness Night. Until then, keep moving!

For more information about the program, please contact Dona Smerek, (909) 803-3101.

