



ANDERSEN MIDDLE SCHOOL CONTINUES STARS STATUS

Hasbrouck Heights, NJ – September 10, 2008. FlagHouse, the official [physical education equipment](#) sponsor for the STARS Program, recently recognized Andersen Middle School in Omaha, NE for their dedication to remaining a STARS school. The STARS Program is a national achievement program established by the National Association for Sport & Physical Education (NASPE). It recognizes outstanding physical education programs K-12 in schools across America.

STARS schools provide meaningful learning opportunities for all students. Their physical education programs serve as models for others to follow and they exemplify excellence in teaching knowledge and skills of motor development and health related fitness. STARS award criteria are based on curriculum, instructional strategies, assessment and evaluation, communications and support resources; such as facilities, equipment, class time and teacher qualifications. Due to the rise in childhood obesity and the diseases associated with a sedentary lifestyle, the need for quality physical education programs and instruction has never been greater.

The physical education program at Andersen Middle School provides activities for 750 students, including those with special needs. Andersen was first recognized as a STARS school in 2005, an honor that is given for up to three years. Diane Mynster, one of the physical education teachers at the school, remarked, "We were very pleased to receive the STARS Award. It has encouraged us to be on the lookout for new ways to keep our students interested in leading an active lifestyle. Receiving the STARS Award has helped reinforce the importance of physical education in our district, and we plan to renew our status in October of 2009."

The facilities at Andersen Middle School include a gymnasium, football field, weight room and track. As the school is located next to a park with a paved path, students often enjoy activities there, as well as in their cafeteria. Their program emphasizes sports and fitness through exposure to many different physical activities. Instruction includes the use of traditional equipment, such as volleyballs, basketballs, softballs, kick balls and footballs. Other fun activities consist of step aerobics, badminton, pickle ball and ping-pong.

Students also like to participate in DDR – [Dance Dance Revolution](#). Two children select a song played from a Play Station 2 system and dance to various patterns on a platform that records their score. Their movements are featured on a large screen so the rest of the class can view the step patterns and follow along on the floor. Students enjoy this activity so much, that many of them have the DDR game at home.

Highlights of their physical education program include “Fitness Wednesdays,” where students are encouraged to engage in circuit training, long distance jogs and aerobic games to elevate their heart rate. The school also offers an *Andersen Physical Education (APE) Award* to recognize one student from each class each term that has demonstrated extra effort, leadership and sportsmanship. The *Wolverine Fitness Challenge* inspires students to exceed the standards for Fitnessgram tests. Children who meet the challenge receive a water bottle and a wristband with the school’s wolverine logo on it. By teaching children healthy behaviors early on, their program ensures that students and their families will continue to enjoy physical activity and achieve lifelong fitness.

FlagHouse, a global supplier of physical education equipment for education and recreation professionals, has been the official physical education equipment sponsor for the STARS Program for the last four years. Keith Gold, Senior Brand Manager at FlagHouse remarked, “We are proud that Andersen Middle School and its staff is dedicated to providing a strong physical education program to their students. The number of overweight children ages 6-19 has more than tripled in the United States since 1980. This extra weight puts children at risk for a number of diseases. Quality physical education programs, like the one implemented at Andersen, help to fight obesity and protect the future health of our children.”

FlagHouse provides STARS recipients with a gift certificate to purchase new physical education equipment for their school. In addition, the company assists in funding the development of STARS PIPELINE Workshops each year. The workshops, held at the annual convention for the American Alliance for Health, Physical Education, Recreation and Dance, provide schools with the tools needed to successfully prepare their STARS application. Workshop participants have the opportunity to review samples of winning STARS portfolios, discuss strategies for collecting and analyzing documentation and are taught how to effectively communicate program specifics. Each year, FlagHouse awards up to 75 grants that allow teachers to participate in the workshop and obtain the knowledge necessary to build strong STARS portfolios.

For more information on how your school can apply for a grant to attend the 2009 STARS PIPELINE Workshop, please contact Keith Gold at FlagHouse at 1-800-793-7900, x 7517 or email Keith.Gold@flaghouse.com.

FlagHouse is a premier global supplier of resources for physical activity, recreation, education and special needs. Headquartered in Hasbrouck Heights, New Jersey, and with operations in the United States and Canada, FlagHouse has over 50 years experience responding to customer’s changing needs. Their mission is to enhance the quality of life for people of all ages and abilities. FlagHouse markets its products through catalogs including [Physical Education and Recreation™](#), [Going Strong™](#), [Flying Start™](#) and [Giant Leaps™](#) and through their web site www.flaghouse.com. In addition to being the North American distributor for [SNOEZELEN®](#) multi-sensory environments, FlagHouse holds the publishing, marketing and distribution rights for [CATCH®](#) (Coordinated Approach to Child Health). FlagHouse serves both the public and private sectors through relationships with schools, parks, community centers, healthcare organizations, day treatment and residential care centers, military bases and individuals.

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