

June 2, 2011

Dear Valley Stream 30 Community,



VALLEY STREAM DISTRICT #30  
STRATEGIC PLANNING

Goal Area: Physical Education and Nutrition

Goal Statement: Students in Valley Stream District #30 will meet or exceed the New York State and local standards in Physical Education, Fitness, and Nutrition

Process Objectives
<i>Working jointly with the PTAs, programs/workshops/assemblies will be offered to students/parents on the issue of childhood obesity and the importance of good nutrition.</i>

In keeping with Valley Stream 30's Strategic Plan goals,  
a Family Fitness Night is being held on

Friday, June 3<sup>rd</sup>

6:30 p.m.

Shaw Avenue Library

*This one-hour workshop will provide you with many ideas for how to encourage your child's (and your) fitness starting with just 10 minutes a day of fun, physical activity.*

As always, please contact me at 516-285-9881, x222 or email [ekanas@vs30.org](mailto:ekanas@vs30.org) with comments and suggestions on the topic of this newsletter or with suggestions or questions on other topics.

Sincerely,

*Elaine Kanas*

Elaine Kanas, Ed.D.  
Superintendent of Schools