



A Classical Education for the Modern World

Dear Latin Community,

Besides offering a rigorous program in mathematics, English, science, history and world languages, we provide instruction in the arts and physical education as fundamental elements of a classical education. Besides the many goals that we have for our students, we hope to meet targets for physical fitness, historically measured by the Presidential Fitness award, increase student knowledge about nutrition, and inculcate healthy habits.

March is National Nutrition Month. Each year, during this month, the Academy of Nutrition and Dietetics empathizes the importance of making informed food choices and developing sound eating and physical activity habits. The theme for the 2017 campaign is "Put Your Best Fork Forward," designed to remind people of all ages that each bite counts and that making small shifts in our food choices can make a big difference over time. The Division of Health and Wellness at the Office of the State Superintendent of Education has compiled resources to encourage a variety of stakeholders, including parents, to promote nutrition and celebrate National Nutrition Month. These resources are available on OSSE's [website](#).

I remember reading a couple years ago that the survival rate of cardiac arrest victims is less than 10%. This is in large part due to the fact that people witnessing such incidents usually do not know CPR. Of the more than 200,000 deaths from Sudden Cardiac Arrest every year, at least 50,000 are preventable. The DC Fire & EMS Department is looking for public charter school student volunteers to "assist the Department in continued efforts to make as many Washingtonians lifesavers as possible" through the [Hands on Hearts CPR initiative](#). I received notice of this in a bulletin I received this week from the Public Charter School Board. Besides the aforementioned, the bulletin stated that "in just 20 to 30 minutes students can be trained to assist FEMS in training others at a wide array of facilities and community events where they provide Hands on Hearts CPR training." Interested students are encouraged to inform their advisors.

Besides the work that we do with students, we are hoping to enhance employee engagement, health, happiness and well-being by establishing a workplace culture of wellness. I am so grateful to the Parent Association for providing a wonderful healthy breakfast for staff this morning. Under the leadership of middle-school parent Jennifer Mampara, and assisted by our Student Cooking Club, parents kindly donated mason jar oatmeal, orange juice, fruit (and more) to help us get a great start to our Friday. Also, our gym has its own well-stocked weight room, which is increasingly being used by staff members, who just want to have a comfortable place to work out.

The Greek Olympics, held in honor of Zeus, began in about 776 B.C. Celebrations of these athletic competitions continued when Greece fell under Roman rule. The value placed on physical activity and athleticism is evidenced in the characteristics of the gods, how Spartans organized their society and in literature and philosophy, including Homer's *Odyssey*. Sports were considered a way to learn about objective truth and a way to assess the strength and moral prowess of leaders. Plato supported the idea that all people: male and female, rich and poor, should participate in sports as a means of moral enrichment. Aristotle saw physical activity and a healthy body as an ethical responsibility of all citizenry. We are proud to take on that responsibility for our teachers and students.

Valete!

Peter