



The Birchwood School Press Release

October 8, 2010

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Birchwood School Is Awarded The Physical Fitness State Champion Award

CLEVELAND-Birchwood School has earned the highest award for outstanding achievement in physical fitness, according to the President's Council on Fitness, Sports & Nutrition, and was distinguished as a President's Challenge Physical Fitness State Champion School for 2009-2010. Every student participated in 5 events designed to test speed, strength, flexibility, and endurance, and 25 percent achieved at least the eighty-fifth percentile in all 5 events.

Birchwood students have been participating in the President's Challenge since the late eighties, and have received this award five times since they opened their doors in 1984. "Participation in the State Champion Program demonstrates their commitment to serving as a leader and role-model in physical fitness," said Shellie Pfohl, Executive Director of the President's Council on Fitness, Sports & Nutrition.

Students this school year have already been running around the school grounds as they practice for the mile run, one of the five events included in the President's Challenge.

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The Birchwood School is a private, coeducational school in Cleveland, Ohio. Founded in 1984, Birchwood serves students in kindergarten through grade 8. Birchwood's mission is to provide an educational setting where challenging academics build solid work habits, and achievement culture nurtures healthy attitudes, and a caring environment forges social responsibility.

www.birchwoodschoool.org

The following was not submitted to the press:

Presidential Award Winners 2009-2010

Alexander D, Chester H, Sarah M, Emma P, Alexis H, Maya F, Alex P, Vinny K, Grace C, Isabella M, Sarah D, Sanjana R, Clare P, Sophia C, Abigail M, Elizabeth P, Sahej B, Sachi G, Shawki A, Zaeem M, Miguel P, Grant F, Nathan C, Miranda M, Aide S, Arjun B, and Haley Y