

# NEWS RELEASE

## *FOR IMMEDIATE RELEASE*

**DATE:** September 14, 2011

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### **TUSD Principal Named Principal of the Year in Governor's Council on Physical Fitness and Sports Spotlight Awards**

(TRACY, Calif.) - Principal of George Kelly K-8 School, Khushwinder Gill was named Principal of the Year, receiving the Gold Medal in the California Governor's Council on Physical Fitness and Sports Spotlight Awards.

The 6th Annual California Governor's Council on Physical Fitness and Sports Spotlight Awards presented by the Anthem Blue Cross Foundation honors individuals, organizations and events that positively impact the physical activity and fitness levels of California's children and youth. This year's awards were held on September 14, 2011 in Sacramento, Calif.

A Gold, Silver and Bronze medalist are named in each of the six categories accepting nominations (Principal of the Year, Teacher of the Year, Organization of the Year, Parent Association, Park and Recreation Program of the Year, Event of the Year, and School of the Year). Gold Medalists receive \$10,000 to further promote physical activity in their communities, Silver Medalists receive \$2,500 and Bronze Medalists receive \$1,000. All medalists will be prominently profiled on the Council's website, [www.CalGovCouncil.org](http://www.CalGovCouncil.org).

To be awarded to a K-12 principal who has "gone above and beyond" his or her normal responsibilities to inspire increased physical activity levels for his or her students. The committee looks for principals whose support of physical activity and fitness indicates an understanding of the correlation between that support and their students' academic success.

Mrs. Khushwinder Gill is an inspirational principal who creates a warm, caring relationship with each student and maintains high expectancies for performance, fitness and behavior. Since she came to George Kelly School in November 2008, she has focused on extracurricular activities along with academics which results in 40 points jump in Academic Performance Index scores. She started after school sports program through rural schools league in August 2009 that includes several teams of students, girls and boys, from 4th-8th grade playing soccer, volleyball and basketball. Students absolutely love participating in the sports programs, having three teams of 4th and 5th grade girls' basketball team this spring is a perfect example of students' interest in sports. Mrs. Gill writes grants and works with the local hospital to help

buy sports equipment. She recruits parents to volunteer to help with coaching. For 1st-3rd grade students, she started intramural sports program and kickboxing after school program.

Last year during lunch, Mrs. Gill worked with two of the teachers to start lunchtime healthy cooking program, which were focused on a specific vegetable or fruit. For example, when the cafeteria served broccoli, students learned different ways to cook and eat broccoli during lunchtime. Students really liked the lunchtime vegetables program and in August 2010, Mrs. Gill started a 'Community Gardening Program' in which students learn about different vegetables. Mrs. Gill develops partnerships with local hardware stores and Plant Doctor Organization. Students not only eat fresh vegetables, they also donate them to the local homeless shelter

Mrs. Gill has had a significant impact on physical fitness, nutrition and academic program at Kelly School, not only with her students, but beyond the school at the district and city level.

The California Governor's Council on Physical Fitness and Sports is a non-profit, non-partisan organization dedicated to promoting physical activity for all Californians, with an emphasis on children and youth. Research has shown that regular physical activity during childhood and adolescence helps build healthier bones and muscles, increases self-esteem and reduces the risk of diseases such as type-2 diabetes and obesity. In addition, physical activity and fitness has been shown to be highly correlated with academic success. Jake Steinfeld is the Council Chairman and Peter Vidmar is the Council Vice Chairman. They are joined by other celebrity athletes and business and community leaders as members of the Governor's Council.

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