

Highland High School Named an INSHAPE School for the 2020-2021 Academic Year

INSHAPE Schools strive to educate the Whole Child – physically, socially, emotionally, and academically because health. moves. minds.

Indianapolis, IN. (December 16, 2020) – Highland High School in the School Town of Highland has been named as an INSHAPE school by the Indiana Society for Health and Physical Educators (INSHAPE).

What is an INSHAPE school? INSHAPE schools succeed by emphasizing student health to improve academic achievement. INSHAPE schools embrace a culture/climate of wellness (source: ASCD, CDC's Whole School, Whole Community, Whole Child).

What is INSHAPE? INSHAPE is a non-profit association representing the interests of 5,000+ Indiana health and physical educators, coaches, administrators, and others who envision a state where all children are prepared to lead healthy, physically active lives.

The school receives resources and support from INSHAPE to navigate a future where improved outcomes include health literacy and physical literacy in the school building. Research indicates that health literacy and physical literacy have a:

- Positive relationship with academic achievement and test scores
- Positive association with attention, concentration, and on-task behavior
- Positive impact to reduce discipline referrals and participation in high-risk behaviors

"We applaud Highland High School teachers and administrators for their commitment to educating the Whole Child," offered Gary Lemke, Executive Director of INSHAPE. "Active students succeed, healthy schools succeed."

John Zack, principal at Highland High School School, will receive a banner in recognition for the INSHAPE School 2020-2021 designation and to help promote the importance of health and physical literacy within the school building.

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The Indiana Society for Health and Physical Educators (INSHAPE) is a professional education association for teachers, administrators, researchers, coaches, students, and other allied professionals who are actively engaged in and dedicated to the promotion of quality health, physical education, recreation, dance, sport, and allied programming in public and private schools, colleges and universities, and community agencies throughout the state of Indiana.

The mission of INSHAPE is to enhance all disciplines within the Association through advocacy, professional development, and research-based pedagogies resulting in healthier communities.

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