

STATE OF CONNECTICUT
HOUSE OF REPRESENTATIVES



JOE ARESIMOWICZ
HOUSE MAJORITY LEADER

Senator Slossberg, Representative Fleischmann, and members of the Education Committee. I am Representative Joe Aresimowicz of the 30th District, serving Berlin and Southington. I offer this testimony in support of HB 5467: AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM.

Getting kids up and moving helps with their mental and physical health. I've seen it with the young people I coach in football. Not only are they more likely to be in better physical shape, but I've watched as these kids have matured socially because of their interactions on the field. They are better able to handle stressors, keep perspective, and develop and maintain friendships.

However, not every child plays a sport and even a vigorous gym class does not have the same impact. The concept behind this bill is to encourage schools to incorporate physical activity throughout the school day. Activities can be as small as a 30-second activity where students jump up and stretch at the beginning of a class, or the school hosting an informal basketball game at the end of the school day.

I heard about this program from two students and one of our physical education teachers in Berlin public schools. Under the bill, the State Department of Education will recognize schools that incorporate physical activity into their school days. Rather than be a mandate, this program will hopefully incentivize schools to do more to get our students up and moving.

Thank you for your consideration.