

Press Release



Battle Ground Public Schools

Director of Communications: Gregg Herrington, (360) 885-5337

PO Box 200 • Battle Ground, WA 98604-0200 • Office Location: 11104 NE 149th Street • Brush Prairie, WA
District Switchboard: (360) 885-5300

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Amboy wins state ‘Health Bowl’



Enthusiastic and physically fit PE students at Amboy Middle School come up the hill near the end of the first of two laps around the school’s quarter-mile running/walking path. These miles counted in the Governor’s Health Bowl competition, as did miles they accrued at home, in soccer games, hunting trips, etc.

Amboy Middle School has returned to the winner’s circle in the “Governor’s Health Bowl.” The students, plus some staff, parents and friends, logged an estimated 60,000 total miles of running and walking in a six-week period this fall, more than any other middle school in the state that participated.

This is getting to be a routine for students at the north county school. Amboy finished second statewide in the middle school division of the event last year and won it two years ago, said Assistant Principal Steve Michaelis.

Amboy physical education teacher Matt Stanfill said about 400 high schools, middle schools and elementary or primary schools across the state participated from Sept. 18 to Nov. 1. He explained that score is kept on the honor system, with students, staff and families reporting the miles they ran or walked during that period. They also reported time spent on other exercise, athletics, or vigorous activities. That time was converted into miles.

“We had a lot of miles from hunting trips,” Stanfill said. “I bet we had about 25 kids” who reported having been hunting during the six-week event, including one girl. “One boy told me he and his dad put in 14 miles” in one day of hunting.

According to the event’s Website, “the Governor’s Health Bowl is a free community event hosted by the Washington Health Foundation and its Healthiest State in the Nation Campaign. It is a six week, online health challenge, allowing individuals, organizations and schools to track their health, win prizes and compete against each other. . . . Organizations and schools can compete against others across the state to earn the highest average number of miles.”

More information: www.healthieststate.org/events/2010-governors-health-bowl



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