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News Release

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“Kitsap Gets Active Award” Honors Gail Demo Smith

BREMERTON, WA --- Kitsap Gets Active, a coalition promoting physical activity and nutrition in Kitsap County, has honored local elementary school PE teacher Gail Demo Smith with its 2009 “Kitsap Gets Active Award”. Ms. Smith is being recognized for her energetic and longtime leadership engaging students and their families to achieve healthy and active lifestyles.

Ms. Smith will be recognized by the Kitsap County Board of Health at its monthly meeting on Tuesday October 6, 2009. The ceremony will take place at 11:20 a.m. at the Norm Dicks Government Center, 345 6th Street, in Bremerton.

Ms. Smith teaches at Cottonwood Elementary School in the Central Kitsap School District. She continues to enjoy her role as a PE teacher after more than 30 years in her job. Her dedicated teaching and encouragement has had an impact on thousands of students.

Ms. Smith’s philosophy has been to challenge kids to progress toward lifelong fitness, no matter what fitness level they are in when they start. Her outreach to families, school staff, and colleagues across Central Kitsap School District has encouraged others to adopt positive fitness programs. She has worked to equip her school with safe and innovative playground equipment, and has organized numerous after-school clubs and events. She also uses class time to introduce less conventional equipment such as unicycles and jump ropes to help students have fun while gaining individual fitness.

For more information, contact Pat DeGracia at the Health District at (360) 337- 5234.

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