

# North Boone

## *Community Unit School District 200*

*Steven M. Baule, Ed.D. Ph.D. Superintendent  
Jeff Carr, Director of Business Services*

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### **General Mills Foundation Provides Community Action Grant to NBHS**

North Boone received word from the General Mills Foundation that the Belvidere Community Action Council granted NBHS \$6000 for the North Boone Teens Get Heart Smart" program. More information about the General Mills Foundation can be found at [www.facebook.com/generalmillsgives](http://www.facebook.com/generalmillsgives).

The grant will purchase a classroom set of Polar heart rate monitors, cases, webinar training for teachers, an annual license for Polargofit.com, and a Bluetooth enabled iPad for North Boone High School's Physical Education Department. The monitors will track heart rate, calories burned, and activity level while easily allowing students to measure their progress with objective data that can also be viewed as a class. The monitors will be used in all PE classes on a rotating basis to help students learn their individual activity level needed to achieve and maintain their optimum heart rates. The three PE teachers at NBHS will work together to share the monitors to ensure that maximum exposure is achieved through the classes. In addition, some school sport teams will use the monitors during practice and conditioning sessions.

North Boone Community Unit School District 200 serves approximately 1700 students in pre-school through high school in the Villages of Caledonia, Capron and Poplar Grove as well as the northern tier of unincorporated Boone County, Illinois. For more information visit the NBCUSD website at [www.nbcusd.org](http://www.nbcusd.org) or contact the district office at 815-765-3322. For future information, you can follow North Boone on Twitter at [www.twitter.com/NBCUSD200](http://www.twitter.com/NBCUSD200).