

## 2016 SESSION

ENROLLED

### HOUSE JOINT RESOLUTION NO. 449

*Commending Ronald Trainum.*

Agreed to by the House of Delegates, March 8, 2016  
Agreed to by the Senate, March 10, 2016

WHEREAS, Ronald Trainum, a health and physical education teacher at Toano Middle School, who emphasizes student-centered teaching, incorporates technology, and focuses on encouraging his students to develop lifelong healthy habits, was named the 2015 Virginia Middle School Health and Physical Education Teacher of the Year; and

WHEREAS, the Virginia Association for Health, Physical Education, Recreation and Dance selected Ronald "Ron" Trainum for the prestigious honor in recognition of his work as an outstanding master teacher and for caring and encouraging students to be successful and more physically literate throughout their lives; and

WHEREAS, in class, Ron Trainum always is part of the action; he exercises alongside his students, demonstrating proper techniques, and if the lesson features exercises set to a popular music video, he, too, happily dances in the gym, surrounded by active boys and girls; and

WHEREAS, Ron Trainum, who is a department curriculum leader at Toano Middle School, has taught in the Williamsburg-James City County Public Schools since the early 1990s; he previously worked at Thomas Hunter Middle School in Mathews County for seven years; and

WHEREAS, personal fitness and life skills that students can use in the community, such as in-line skating and proper use of cardio equipment and weights, are the focus of Ron Trainum's health and physical education classes; his goal is to provide innovative and quality lessons, leading students to stay physically active throughout their lives; and

WHEREAS, Ron Trainum is widely admired for his expert knowledge of the curriculum and for knowing from experience which health and physical education practices work best for students; he also uses technology to encourage healthy lifestyles—all students wear pedometers, for example, so that he and his colleagues can monitor their level of physical activity; and

WHEREAS, Ron Trainum also was named the 2015 Southern District Middle School Health and Physical Education Teacher of the Year; he attributes the honors he has received to the school division's efforts to develop innovative approaches to education that help boys and girls become healthy adults; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend Ronald Trainum, a health and physical education teacher at Toano Middle School, for being honored as the 2015 Virginia Middle School Health and Physical Education Teacher of the Year; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Ronald Trainum as an expression of the General Assembly's respect and congratulations for his dedicated work to encourage young people to develop healthy habits throughout their lives.

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