

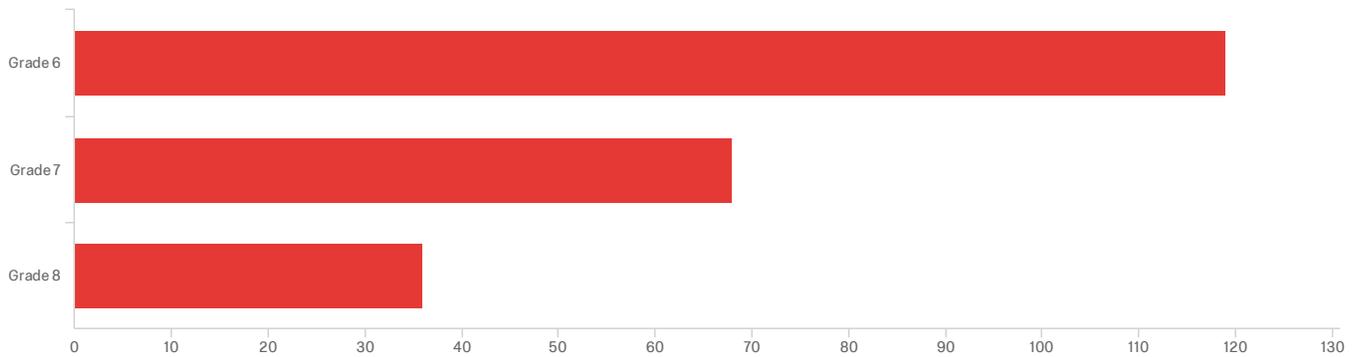
Default Report

Health and P.E. Parent Curriculum Adoption Survey

April 29, 2019 9:43 AM MDT

Q2 - What grade or grades are the middle school aged students living in your

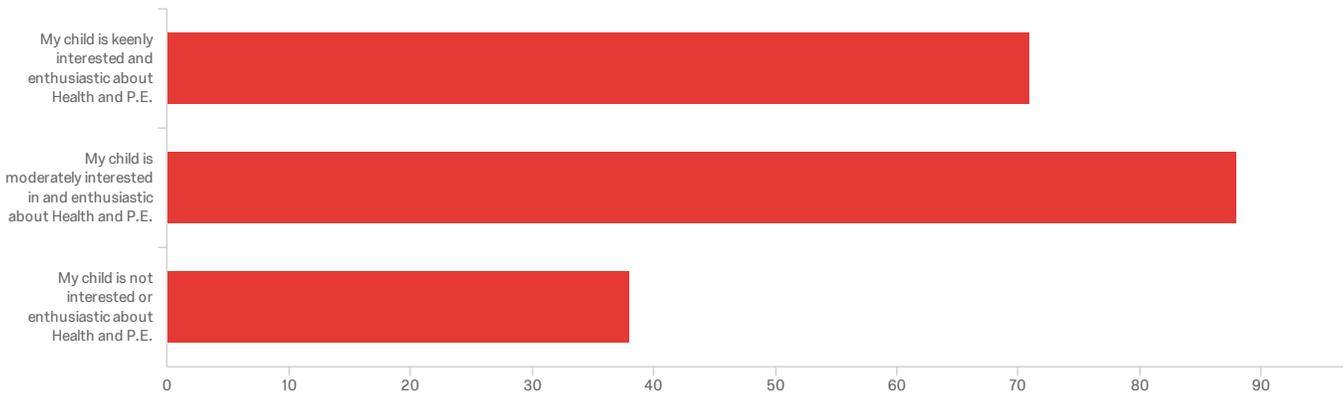
household?



#	Field	Choice Count
1	Grade 6	53.36% 119
2	Grade 7	30.49% 68
3	Grade 8	16.14% 36
		223

Showing rows 1 - 4 of 4

Q3 - How would you describe your child's interest and enthusiasm in Health and P.E.?



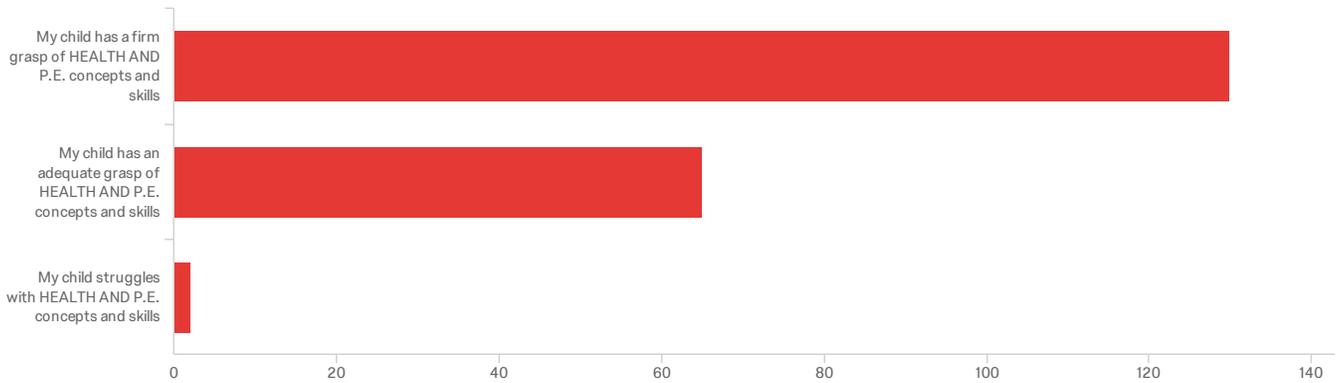
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How would you describe your child's interest and enthusiasm in Health and P.E.?	1.00	3.00	1.83	0.72	0.53	197

#	Field	Choice Count
1	My child is keenly interested and enthusiastic about Health and P.E.	36.04% 71
2	My child is moderately interested in and enthusiastic about Health and P.E.	44.67% 88
3	My child is not interested or enthusiastic about Health and P.E.	19.29% 38
		197

Showing rows 1 - 4 of 4

Q4 - How would you describe your child's skills and conceptual understanding in

HEALTH AND P.E.?



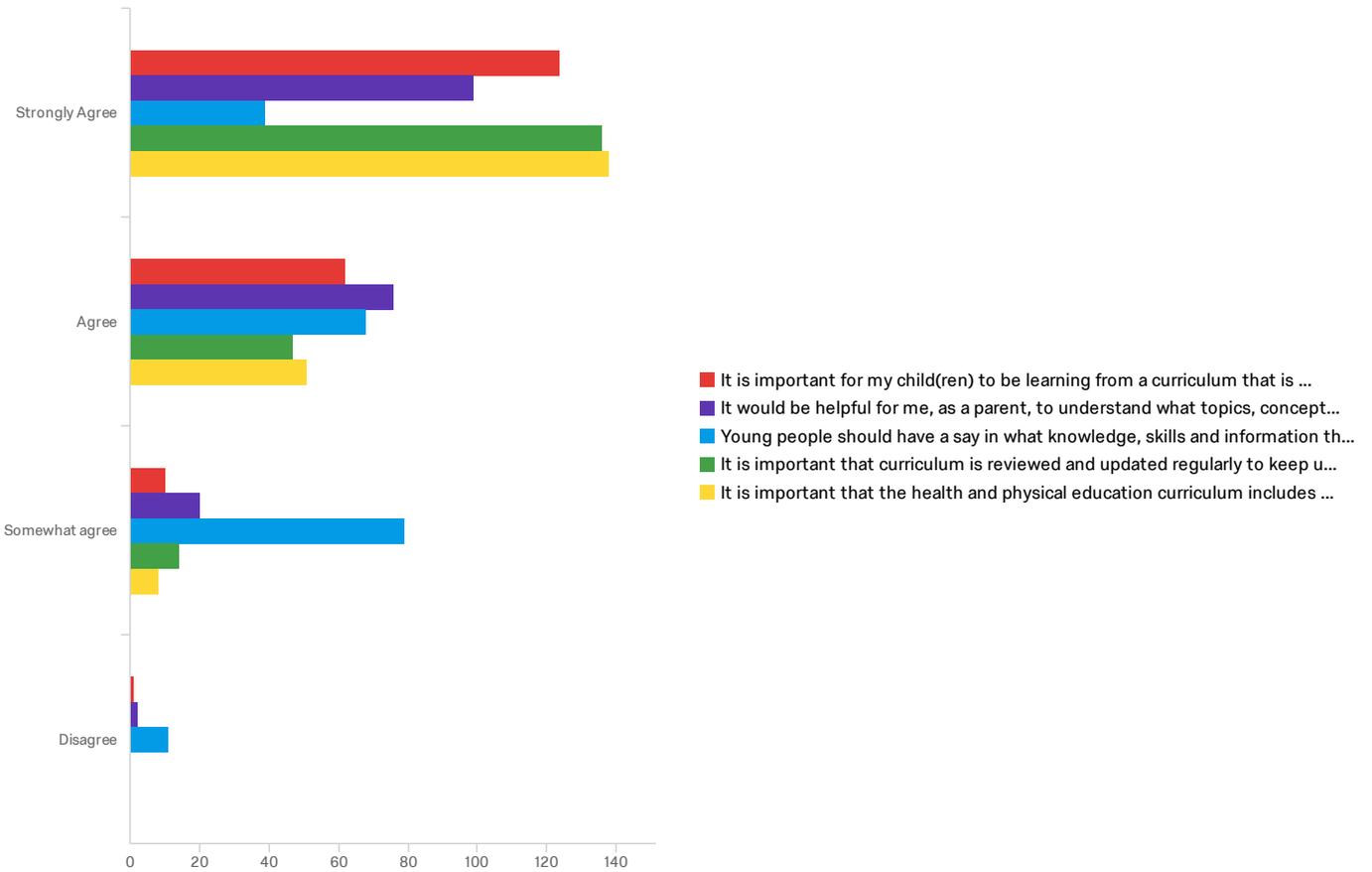
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How would you describe your child's skills and conceptual understanding in HEALTH AND P.E.?	1.00	3.00	1.35	0.50	0.25	197

#	Field	Choice Count
1	My child has a firm grasp of HEALTH AND P.E. concepts and skills	65.99% 130
2	My child has an adequate grasp of HEALTH AND P.E. concepts and skills	32.99% 65
3	My child struggles with HEALTH AND P.E. concepts and skills	1.02% 2
		197

Showing rows 1 - 4 of 4

Q5 - Thinking about the needs of students today and in the future, please indicate how

much you agree with the following statements:

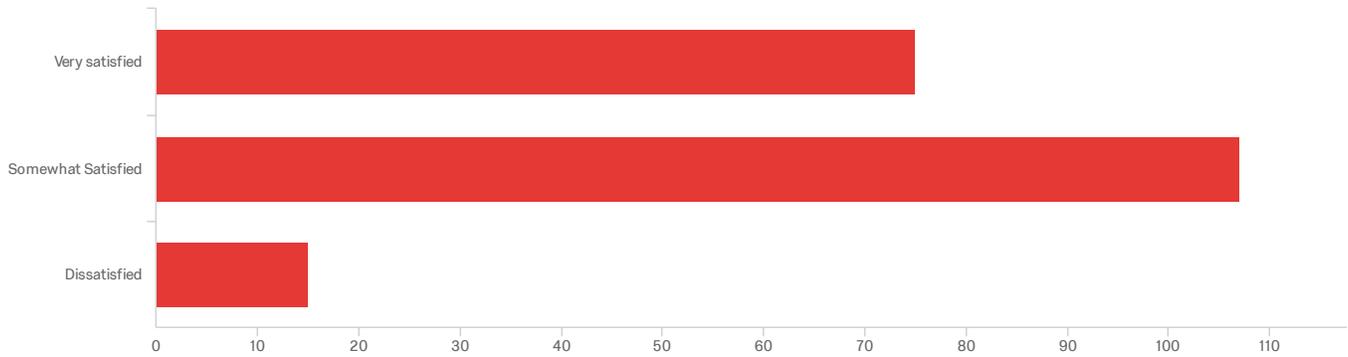


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	It is important for my child(ren) to be learning from a curriculum that is grounded in current research.	1.00	4.00	1.43	0.61	0.38	197
2	It would be helpful for me, as a parent, to understand what topics, concepts and approaches are in the curriculum.	1.00	4.00	1.62	0.71	0.50	197
3	Young people should have a say in what knowledge, skills and information they are expected to learn through the school curriculum.	1.00	4.00	2.31	0.85	0.72	197
4	It is important that curriculum is reviewed and updated regularly to keep up with the changing skills and knowledge children and youth need to thrive in today's world.	1.00	3.00	1.38	0.61	0.38	197
5	It is important that the health and physical education curriculum includes concepts and topics that are relevant to children and youth so they do not seek information from unreliable sources.	1.00	3.00	1.34	0.55	0.31	197

#	Field	Strongly Agree	Agree	Somewhat agree	Disagree	Total
1	It is important for my child(ren) to be learning from a curriculum that is grounded in current research.	62.94% 124	31.47% 62	5.08% 10	0.51% 1	197
2	It would be helpful for me, as a parent, to understand what topics, concepts and approaches are in the curriculum.	50.25% 99	38.58% 76	10.15% 20	1.02% 2	197
3	Young people should have a say in what knowledge, skills and information they are expected to learn through the school curriculum.	19.80% 39	34.52% 68	40.10% 79	5.58% 11	197
4	It is important that curriculum is reviewed and updated regularly to keep up with the changing skills and knowledge children and youth need to thrive in today's world.	69.04% 136	23.86% 47	7.11% 14	0.00% 0	197
5	It is important that the health and physical education curriculum includes concepts and topics that are relevant to children and youth so they do not seek information from unreliable sources.	70.05% 138	25.89% 51	4.06% 8	0.00% 0	197

Showing rows 1 - 5 of 5

Q6 - How satisfied are you with the HEALTH AND P.E. instruction your child has received in the Issaquah School District?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How satisfied are you with the HEALTH AND P.E. instruction your child has received in the Issaquah School District?	1.00	3.00	1.70	0.60	0.36	197

#	Field	Choice Count
1	Very satisfied	38.07% 75
2	Somewhat Satisfied	54.31% 107
3	Dissatisfied	7.61% 15
		197

Showing rows 1 - 4 of 4

Q7 - What is most important to you in your child's HEALTH AND P.E. class?

What is most important to you in your child's HEALTH AND P.E. class?

PE should be fun, they don't need fitness testing that turns them off to PE. Introduce them to different sports but don't forget the fun games. My son often wishes they would play some of the types of games they played in elementary school when he thought PE was fun.

That they are getting factual info that is relevant in health and that they are getting fun exercise in PE

Productive & fun physical activities

Feel safe

That they learn what a health lifestyle looks like and why it is important to start young at adopting healthy practices.

That they are taught the importance of getting enough sleep, effects of less sleep

Options—p.e. doesn't just have to be sports-based units. Spin classes, yoga, aerobics, gym equipment would all be viable options in teaching children to care about their physical health.

sex ed and taking care of her body

Continue to develop an interest and understanding of healthy lifestyles and habits for current and future use.

Updated, Science based curriculum but also respects family

regular exercise and knowledge of general human health development, and health conditions, how to stay healthy, sexual health and sexual and gender diversity, and very important - mental health as it pertains to teens - not just learning about common mental health disorders.

Learning how to develop good lifelong exercise habits

Having a health and P.E. teacher who is trained and endorsed in the subject should be the important thing Issaquah strives for. We have too many "one offs" who are teaching this subject with no formal training and who are not endorsed in this subject. Teachers who are trained to teach social studies should be teaching social studies, not P.E. or health. Would you have a P.E. teacher or health teacher teaching Math or Language Arts? Nope.

That current, relevant, factual information is presented in a non-way and questions are encouraged. I like that the material is presented to students in a co-Ed environment, but I think there should be at least one or two opportunities for the students to split up into same sex groups for Q&A. I think they would feel more comfortable and therefore ask more questions they would otherwise be embarrassed to make.

Science-based, inclusive of all body types, deals with current issues and challenges, inclusive of LGBTQ+ issues

Teaching about a healthy lifestyle in HEALTH and doing actual PHYSICAL educating in P.E.

I want there to be open and honest conversation around health topics studied and for students to be introduced to a wide variety of sports including but not limited to parkour, tennis, soccer, track, mountain biking, skiing etc

Get these kids to move. Since Middle school has limited outside time or movement time it's important that these kids move. They do so much sitting in the day. I love that they have PE everyday!

What is most important to you in your child's HEALTH AND P.E. class?

Children should be taught a comprehensive curriculum that will prepare them for life in the real world and provide them with knowledge to care for themselves as adults.

Focus on physical activity and information on healthy living.

Factual, research based information that is delivered in a straight forward, clinical fashion. I wish there was a greater influence on diet and long term health issues.

That the information is current and reliable. There have been many instances where outdated facts have influenced learning and understanding of topics in a negative way. I hope that in the future this event does not occur repeatedly.

Learn about junk food, drugs consequences. Getting to workout everyday to create some kind of routine.

I would love to see the PE curriculum include mental health wellness and strategies for navigating social interactions. Programs like the yoga club at maple hills that teach mindfulness, yoga, and strategies for wellness both physically and mentally have been incredibly valuable for my daughter- certainly more valuable than kickball or basketball.

PE, in my mind, should be focused on how to make activity an everyday event in your life. Not be focused or geared towards letting kids who excel in sports have another avenue to excel and look down on others. Kids who have physical Challenges should be supported and allowed to find ways to have activity a part of their lives not ostracized for their lack of superior skills. Health should be focus s more strongly on anxiety and depression ADHD and other common illnesses that kids this age have struggles with. Let the kids be the experts some because a lot of them are. It should be more than just a top line summary which tends to ostracize rather than normalize. I also feel like sex ed could be more detailed and have some focused on LGBTQIA situations.

Help my kid to stay fit and build healthy habits.

accurate information and the safety of students, mentally and physically

exposure to new activities, being active, a brain break, team building

Getting exercise and learning about nutrition

That it is FUN!!!!!!!!!!!!!! It should not be so test-based that they have to be stressed out about these classes too. The most common problem with all kids now is anxiety and stress. PE should be a class where they can just have fun, play games, be fit. NOT be filled with worry about their grades and PE tests. Same with health. The class should be fun, interactive, easy going, little or no homework, safe encouraging, inspiring! So many of the classes are so hard and intense as well as NOT asking for student input on their learning!

Personal and independent training depending on child's needs and skills.

Make PE fun and approachable to kids of all athletic abilities and make health education as practical as possible

PE should be throughout the year & not as a elective

This is a good survey. Thanks for asking us

I think it is important that students are able to participate in group games and activities to burn energy during the day.

getting exercise

Developing a love of getting exercise and learning how to make healthy choices

What is most important to you in your child's HEALTH AND P.E. class?

What is most important to me in my child's Health and PE class is her comfort in being able to ask questions, feeling safe and being encouraged to try and do her personal best.

staying healthy

My child is taking health this trimester so I can't speak of what is/isn't being taught. I believe PE is a place to be active physically and socially. I like that all classes are mixed together and all do the same activities.

Safety and life skills

I think it's very important PE fosters confidence and a sense of body awareness and avoids shaming. I think health curriculum should include nutrition label reading, basic cancer and heart disease avoidance. (smoking, sunscreen, dietary fiber, etc). I also think curriculum should include sexual growth, abuse, STIs and other transmittable diseases like shigella.

That my daughter feels confident about her body and understands how to be fit and healthy.

how the body works/physiology, anatomy, stretches to relieve common ailments and/or injuries affecting this age group; how the mental body works including where the kids are developmentally

PE curriculum needs to consider emotional well-fare. The days of "who can run the fastest mile" or "do the most push ups" are over and creating situations that single out children with genetic challenges that make them struggle and come in last/near last every time can be very demotivating and have the opposite effect to inspiring kids who really need exercise to wanting to participate. I asked my child's coach how he manages this kind of situation and was told there is "nothing he can do" about kids who come in last/near last.

PE that physically lets them use gross and fine motor. When specific PE exercises are taught, students should be coached to have proper form and how to respect their bodies. For health, most important to know the basics of nutrition, exercise, sexual health, emotional health.

My son is an athlete. He plays competitive soccer 5-6 days per week. I feel like it's detrimental for him to participate in PE on top of his very active schedule.

I like PE so they are active.

Relevant up to date health information and PE activities that give them opportunity to try different things

lifetime commitment to exercise

For my child to understand basics and necessities needed in life

Well rounded focus on physical activity. Engaging students in learning proper form and technique. Offering instruction on individual, small group and larger team sports.

They gain knowledge about good choices that promote a healthy lifestyle and mentality

Please continue to encourage and teach healthy, lifelong habits. :) I also really appreciate the choice my girls have between regular traditional PE and taking an alternative like the Spin Class for 7th Grade.

That they gain knowledge that helps them make smart choices when it comes to their health and well being. That they learn why physical fitness is important for their health.

Health class and relating the topics to the student appropriately. Making sure that you cover subjects that may be occurring in our area - relatable. Covering subject matter in basic health, mental health and peer pressure health.

What is most important to you in your child's HEALTH AND P.E. class?

Helping children make the right decisions about food and exercise and sleep.

To be very active- getting heart rate up and having fun!

PE-sportsmanship, hard work, variety of sports/activities Health - making healthy choices, nutrition, sexual education including consent, peer pressure, drugs/alcohol, smoking, helmets, screen time, exercise

I'd like to see meditation and mindfulness added. With today's use of constant entertainment and devices kids need help slowing down and just being.

Keeping current on Health topics that concerns teens ie, mental health, alcohol, vaping, drugs, nutrition, general understanding of body systems as they relate to health not science

That they learn and develop healthy lifestyle habits - More understanding of WHY they need to stay active and eat healthy.

Getting to move and being exposed to new ways of exercise/to stay healthy.

Health- teach making good choices, information regarding drugs, alcohol, healthy lifestyle info including nutrition and exercise. PE- fun, engaging activities, teacher is with students at all times (not in their office)

Making sure they understand healthy eating, learning more about what they put in their bodies and how it helps each cell, etc grow. Learning how important physical activity is and gaining a love for it.

She loved the spin class and yoga. I wish it could be offered for more than just one trimester. I am very relieved that participation, good sportsmanship and readiness (uniform and such) are highly valued and not athleticism since my daughter is not the sportiest and was worried PE would bring down her GPA. I just encouraged her to try her best and that was what the teachers were looking for and two years in, she's had only positive experiences with her PE classes and teachers. They really look out for the ones who seem lost or without partners. And it seems like they've done away with the choosing teams one by one method which my daughter was so worried about because she was always one of the last chosen. We are very happy with how empathetic the PE program seems to be.

Yoga and mindfulness needs to be part of the health and wellness curriculum, teaching our students to be mentally, physically, AND academically well rounded.

Exercise and physical fitness

Physical activity and health education

That it is relevant and inclusive of all cultures and ability levels.

Overall physical fitness

That my children are educated about healthy lifestyle choices and the benefits of being active and eating right.

It is important that my child understand the importance of taking care of his/her body for a lifetime.

Would like to see a year long PE.

Health topics need to be current. PE should have more flexibility.

Fun and relevant

What is most important to you in your child's HEALTH AND P.E. class?

Puberty and sex education. Importance of exercise and diet.

Accurate and unbiased information being taught appropriately.

It's most important for children to understand why physical activity, good nutrition and excellent sleep hygiene are central to their ability to be successful.

Physical health is related to mental health and academic achievement.

I want our kids to be lifelong physically active humans. I'd like to see PE develop skills associated with sport that can be played for a lifetime, focusing on teamwork skills and understanding how their bodies work.

Physical activity

That parents are made aware of sex Ed curriculum, and any speakers in advance.

That he feels accepted at his level of ability, that there are opportunities for kids at all levels of physical fitness/ability to learn and feel positive in health/PE. Not everyone is meant to be an athlete, but I believe even non-athletes can/should enjoy athletics.

when it comes to healthy eating, know about portions and how much is needed in different food groups. Its not all about calorie counting. For PE its important how physical activity effects your life in many way. Social, health, and overall well-being

That he learn accurate health information and that PE is fun.

Opportunities to feel confident and comfortable for all children in PE, not just the athletic kids Health knowledge that is developmentally appropriate, unbiased/no teacher opinions shared, and accurate, relevant information

I'd like to see an option where my child can feel successful and strong in her body without having to compete. She does yoga videos at home sometime. Additionally, I'd like to see mindfulness incorporated, studied, practiced.

Interesting and relevant information and skill set challenges (PE). Not dance videos from the 80s and early 90s.

I would like to see mindfulness and yoga to be part of the curriculum

Important, relevant information especially about drugs and alcohol

Recognize the very significant health and PE experience some students gain outside of school and provide options to gain credit from that.

That my child learns about good overall health and exercise and that they know how to implement exercise into their daily routine. I would also like them to learn what makes up good health - diet, good mental health etc. and the steps they can take to achieve this - mindfulness, where to find help, going to the doctor etc.

Current and relevant topics in Health; variety of activities in P.E. that also provide education regarding physical fitness & nutrition

In health that the information is current and relevant to the real world that they are living in.

My son takes two classes: one is health and the other is PE. For health, I'm glad he's receiving FLASH information including effects of various drugs such as nicotine and alcohol. For PE, I'm glad that he has an opportunity to learn and play various sports as that is not his focus at all.

What is most important to you in your child's HEALTH AND P.E. class?

Learning basic nutrition and being exposed to working as a team in sports. Learning weight training. Learning about balance in all aspects of health and exercise.

na

They learn skills that will help them make healthy choices and stay active.

That the curriculum is consistent and doesn't give conflicting info in either class. Being told one thing in Health and something different in PE.

Regular and frequent and FUN physical activity.

For my child to feel welcome and learn skills that they can use as an adult.

Exercise every day. Healthy eating habits. How body is impacted by lack of exercise and unhealthy eating

Overall health and athleticism aligned with a strong core of physical exertion and awareness of the benefit of proper eating and exercise.

That my child learns to chose to live a healthy balanced lifestyle

I think Health class is great. PE needs some work. I'd like to see the kids more exposes to sports, games and activities. Way too much time is spent running. My kids constantly tell me their teacher leaves them unattended. Lazy teaching.

Mental health, stress and anxiety coping skills, and healthy living skills

Keeping them active in class and teaching the clearly the consequences of drugs, alcohol, sex and peer pressure.

I wish for factual and scientific information learned in an environment free of shame and judgement and that encourages the variety of people and paths toward wholistic health. Students should practice how to research health information and consider the validity of internet sources. Teaching how to find safe sources of information and support outside of the internet is important as well. Narrow ideas presented in a one-size-fits-all approach is damaging, especially at the middle school level when our children are entering an early stage of transition to adulthood. I want my child to learn a variety of strategies and problem-solving skills related to health that reflect human diversity.

For health, it is most important for the parents to be aware of what the curriculum is going to be ahead of time, and that it is current and relevant information. The information should also not just be touched on but dug into deep so our children are very much aware of what's most important in their health-based lives in this moment of time. For physical education, there needs to be a balance. Having PE only once or twice per school year, the trimester curriculum seems rushed

PE: Fitness testing is unnecessary. Also, to make PE less boring, it would be good to play more games. Uniforms are also unnecessary, because they take time away from class. Health: The class needs to move faster because right now it is very boring.

continuous growth and improvement

Exercise and knowledge of healthy eating

Solid Curriculum

current research and analysis being brought to the "classroom" - not old dogma.

For Health, I would like her to learn current content in a way that is interactive and fun. For PE, having instructors who interact and teach the sports they choose for the curriculum.

What is most important to you in your child's HEALTH AND P.E. class?

Good and supportive instructors that are taking a comprehensive AND CURRENT approach. The things my kids tell me about health class and I have them instead read current articles about meat and dairy and looking out for processed food and chemicals. But the right instructors are most important to me.

Health: learning about nutrition P.E.: being physical and exerting energy

They learn the benefits of staying active and what constitutes a generally healthy diet. What problems can arise from being inactive and eating an unhealthy diet. Also general health issues.

A great teacher

Long term healthy lifestyle

They get to be active.

Learning to live a healthy, active lifestyle. Be part of the team. How to win and lose graciously. It's okay to lose!

That the kids are taught accurate information.

obtain correct knowledge in health and learn new sports/activities in PE

Daily exercise is important to help clear the mind and provide mental benefits

Should emphasize good health and a healthy lifestyle with no arbitrary standards.

That kids understand the correlation between being physically active and being healthy.

That they are active and encouraged to promote their own health

That they learn how to become and stay healthy in body and mind.

They learn that taking care of your body is fun

Q8 - Is there any other info you want to share?

Is there any other info you want to share?

Be aware that some kids are very sensitive to graphic descriptions of health and body issues. My son easily gets nauseous and dizzy.

No

Physical education is an important part of growing up. Learning new and old ways to stay active and have fun is critical in this day of sedentary technological activities. It is also important that kids challenge their own boundaries and learn that competition is a healthy part of growing up and integrating into society. Whatever happened to the Presidential Fitness Award??

I think PE takes up too much time that would be better spent on an additional foreign language or STEM classes. I would like only one semester of PE TOTAL for all 3 years required.

nope

There is a definite need for staying current with health and PE content and teaching safe warm up and cool down practices to minimize injury. I have had all three kids deal with injuries related to PE or middle school sports that could have been minimized or prevented.

It would be nice to offer an exception to not take 2 trimesters of PE (in order for the student to get an elective class if they are in band or choir) if they are in intensive year long sport outside of school (ie hockey & baseball).

Health and P.E. should be considered as important if not more to other content areas. JFK once said, "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." and study after study has backed up the claim that fitness and health improve learning. Is Issaquah going to be serious about this or not?

Yoga was a welcome PE alternative for my student. I also have an older student who never found a PE class he enjoyed at all, so options are good.

My daughter had to learn muscles and bones in 6th Grade Health. My son had to square dance in 6th Grade P.E. and his teacher gave him an "F" on a Tobacco Poster because my son didn't write his name on it. My kids get more out of playing the sport of Water Polo than they do taking Health/P.E. at Pacific Cascade Middle School. And we used to have Yoga, but now we don't. That was a nice option to have. And what about weight lifting?!? The current curriculum is nonsense.

My 7th grade son loves PE. My 9th grade daughter did not like PE. Kids who are not athletic do not care to be tested in PE for the government. Also, 9th grade daughter refuses to run and skips PE because she hates it so much. Not all kids like to run so leave them alone. This has caused many, many household arguments - all because a kid does not want to be active in a certain way. I've got many other eggs to fry and don't need more PE issues.

I believe these topics are hugely important for our children, I do not believe there is currently enough time devoted to physical and mental health.

Please don't make changing in and out of PE clothes a part of scores. Hygiene is important but having kids in locker room bullying kids is not okay.

Flash week is a nightmare. Why would children that age need to learn about anal and oral sex?!? This is pretty shocking. If the matter is to prevent pregnancy why not talk about the importance of feelings and being responsible rather than throwing them this...I strongly disagree with this.

I also think it would be nice to have health teachers that are qualified and enthusiastic to teach health and not just some random coach that needs teaching hours to be able to coach.

I like to see my kids can take P.E. in all 3 trimesters in a school year.

keep PE in middle school

Is there any other info you want to share?

Seems repetitive for three years for health class.

i love the idea to ask students for their input. I just want school to be a joyful, fun place with their classes. PE and Health can be classes that give kids a break and allow kids of all abilities to have fun. Kids LOVE PE in elementary school with the games, esp if they are not into athletics. PLEASE bring games back to PE for some of the time, instead of just doing sports units. Games teach cooperative play, imagination, and how to relate with each other!! Thanks for the survey!

My child got exposed to most track and field activities as well as different team sports through PE that I really appreciate.

You are awesome

No.

It would be nice to have more accountability that the health curriculum is being taught with fidelity across all schools, grade levels, and classrooms. It seems some teachers spend significantly less time covering FLASH/AIDS than what the district presents.

no

I think if students want more information, in addition to what is being taught, they should have a say in the curriculum. Or if unexpected tragedies occur, time should be spent talking about them instead of letting rumors spread throughout school. Be up front with students and give them some facts of the situation. Allow them to speak openly and freely in a group setting and give them the emotional support they might need or point them in a direction they can get more information or help if they want it.

Overlake hospital has an excellent class about puberty and sex ed. It was very helpful being in a class with all girls. I hope that is how it is taught in school - it enables them to focus more on the material than on their embarrassment about having boys and girls hearing the same information at the same time.

FLASH does not seem very modern in terms of the different types of ways babies are created these days or how families are formed. While the topics seem to be briefly addressed, the primary language in the class still seems to presume natural birth parenting. For my child who is adopted (with us since birth) the FLASH classes created tough emotional issues. There has to be more "inclusive" curriculum and/or ways to work with parents in advance who maybe come by their children in different ways.

I would like to know more specifics about what is in the PE and Health curriculum and the purpose or learning of each major aspect.

No

While I do support treating each student with care, I do not support teaching as a lifestyle - if that's what is meant by keeping up to date with changing knowledge.

PE can go away all together and leave room for other topics in their schedules they may be interested in like robotics. Children who are active in after school sports all year round should be able to get out of PE.

Focus more on the education than the physical.

Also, showing students how important physical education and healthy eating can help their mental states/ emotions.

I would like to see an increase in yoga and mindfulness activities. It really appeals to the whole child and is a positive approach to mental health. Especially with how much pressure is put in the students at such an early age, mental well-being is constantly in our minds.

Make sure PE is for all, and not just the USAmerican sports fans

P.E. should be required daily through middle school. Two years of P.E. should be required in high school.

Is there any other info you want to share?

My daughter is an 8th grader at PCMS this year. I struggled a bit with her description of the square dancing lessons. Mainly that she felt very uncomfortable and felt like the message was to just "deal with it" because that was just part of the lesson. I teach my daughters about situations where there might be gray areas around other people touching their bodies - a medical or security situation. But never should I tell them it's okay for them to not be comfortable for someone at school to touch them. I read many pros/cons for the curriculum and told my daughter that if she wanted to voice her opinion, I would support her. The bottom line was that she just didn't feel like her voice would be heard. So I am providing this feedback as I think there are many options for PE curriculum that could replace square dancing. Sorry for the rant, but I saw the opportunity to provide feedback and I seized it!

I am thankful for the opt out option during the sexuality-gender lesson so that I could teach him/her according to their maturity level.

My son missed one question on pre-assessment, at start of trimester and didn't understand why he had to take the class if he already demonstrated he understands content. He really wanted to take a different trimester class and was told he couldn't, he still had to take the class. I told him to think of it as an easy A, not a lot of homework, easier work load. He still thought it was a waste of his time and bummed he missed out on an elective he really wanted. Would be nice to allow students to test out of health, with teacher approval, so they can take an elective. He didn't want to do the I dependant study either for health because you can only do that AND do we dependant study, he like people at school and wasn't interested in doing a year long elective, only a trimester elective. He decided to take an outside of school to get the elective he wanted. Would be nice if there were more elective options for middle school students.

Good sleep practices need to be taught to students and their parents, and the adults around them (parents, teachers and coaches, etc) need to model this and ensure that their demands on kids' time doesn't compromise their sleep.

Wish that middle schools provided more info on sexual education. Not just the anatomy, reproductions, hormones, etc. Kids still feel it's such a taboo discussion. Emphasizing on protection and std's awareness will help kids get the fuller picture of being sexually active. Whether or not they are having sex, or knowing a friend who is, with social media playing a big role in kids lives these days, it is very rarely they are seeing the other side of things.

Kids today are so unhappy because of the stress of competing - who is having more fun, who has more friends, who is going more places. They worry about what everyone else is thinking about them, while in reality they are all just really thinking of themselves. It makes me sad that kids are killing themselves (or contemplating it) at this young age. They live in the moment and often they think, "This moment sucks and I want it to end." They don't have the skills taught to them about acknowledging the pain of the moment (without judgment) and then being okay to move through it.

My older child has been doing independent PE and health and other than the baseless requirement about meeting a target heart rate (many activities do not meet this requirement such as walking, golfing and hiking and yet these are wonderful lifelong activities that should be included in the PE requirement), this has been a great program and allowed him to take a computer class as well as continue orchestra.

Please update FLASH to remove the emphasis on HIV and AIDS and to bring in a positive message - right from an early age - about using birth control and what a healthy adult looks like.

Kids should have more opportunity to opt out of PE if they are involved in significant extra curricular activities. My child has multiple forms of exercise totaling more time in a week than in PE and it is not necessary to have this. She would benefit from another elective where she could learn more and explore.

It is very important that we communicate a body positive message to students. Focusing on things like BMI is not up to speed with current research. Students should be taught to move their bodies in a way that brings them joy and to select a variety of nutritious food with room for the occasional treat.

We would love to see yoga introduced into the curriculum.

na

For some kids, they hate PE, but mine loves it, and he needs to be able to fully participate and excel, even if there are others in class who are less athletically talented. This is where this kid shines, let the leaders lead!

Need PE to be required every trimester for every grade

Is there any other info you want to share?

My daughter LOVED PE in elementary, in fact my younger daughter still does (she is grade 4). Sadly my older daughter in grade 6 has lost her love for PE as the fun of sport & games has been replaced by measured activities such as plank tests, etc. Im all of some classes being circuit class based but its also SO important for kids to actually enjoy activity. If it becomes a chore it won't be carried on in later life. My husband & I are extremely active sporty people so thankfully I think our girls haven't lost the fun element of activity in their lives, but for those kids that don't belong to active families PE needs to continue to be fun, as well as educational. Not many people in the world find planks, timed runs & Bleep tests fun - not unless you plan to join the forces!! Please bring back some fun. Thanks, Stephanie Lewis

The book used for independent health is EXCELLENT!! Was so impressed w author and topics that I have referred to it a few times. I hope it gets taught from front to back to all ages.

PE should be no more than one time per trimester. It makes no sense why some children have PE two times a day for three months and then won't have PE again for the remainder of the school year. PE should be once per day for the entire school year and not once or twice per trimester and then you're done for the school year. There needs to be more consistency and therefore PE required tests won't be so rushed and forced.

No

No

KD is a great teacher, our child is always saying how positive and encouraging he is. The activities the kids participate in are physically and mentally challenging - thank you!

I think that expecting students to improve 10% on activities from the beginning to end of the trimester is unrealistic and a false standard. Kids are encouraged to perform poorly so that they can show enough improvement by the end of the tri to get a good grade. Even the PE teachers know that the standards are unrealistic.

I would dislike it if my child was learning anything that doesn't necessarily have anything to do with them, I believe the reason behind health an pe is to educate my child on how to keep one's body healthy as it is developing. Anything besides that should be up to the parents to decide what is vital for them as they're growing and what would be appropriate for their child at the time. I don't think health and pe should go into any political issues that might cause controversy.

End of Report